

Pathways: A Support Group for Postpartum Moms

In this six-week series, women going through the early stages of having a new baby will gather in Greenbrae to share their experiences, support one another, and learn ways to help ease the challenges they may experience during this time. This group is open to everyone, whether this is your first child or fifth!

In This Group, Moms Will:

- Learn about postpartum mood issues, from “baby blues” to worry, irritability, sadness, anxiety, and other emotional challenges
- Examine identity shifts from pre- to post-baby life
- Explore changes in marital/partner relationships when a new baby arrives
- Develop relaxation and self-care tools
- Cultivate healthy, realistic expectations for yourself
- Explore childcare and/or return to work concerns

Frequently Asked Questions

Can I bring my baby?

Yes. While not required, pre-crawling babies are welcome to join.

Do I need to attend all 6 sessions?

While we understand that you may not be able to attend all 6 sessions, we encourage you to attend as many as possible to derive the greatest benefit from the group. Missed sessions will not be reimbursed.

Is this a therapy group?

No. This is a support group and is not designed to replace therapeutic treatment, when needed.

Series Facilitators

Katharine Hatch, PhD
or Gina Borelli Moore, MFT

2027 Dates

Group meets weekly for six weeks.

Series 1 - Katie

Tuesdays

Jan. 19 - March 2

*No class Feb. 16

Series 2 - Gina

Mondays

April 19 - May 24

Series 3 - Gina

Mondays

Sept. 13 - Oct 18

Series 4 - Katie

Tuesdays

Nov. 2 - Dec. 14th

*No class Nov. 23

Location

Group meets in-person in Greenbrae. Location details will be provided following registration.

Cost

\$150 per series of six sessions

Questions and Registration

To register, visit

MyMarinHealth.org/pathways

For additional information, contact
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