



Perinatal Support Group of Northern Michigan



**Focusing on the mental well-being of
mothers and mothers-to-be**

**WHEN: 1st Monday
of every month at
Petoskey Library**

TIME: 5:00-6:00pm

**WHEN: 3rd Friday
of every month
via Zoom**

TIME: 9:00-10:00am

For more information and Zoom link
visit: **PSGNM.com**

*This is a PEER led support group. The facilitator is providing a
space for connection and helping guide the group.*

*Perinatal Mental Health disorders affect 1 in 5 women. You
are worthy of peer support and understanding.*

YOU ARE NOT ALONE!

Facilitator:

Laura Taylor, DNP, MS, RN, CNM, PMH-C

(231)714-4489

All are welcome!

No cost

