

The Diane Goldberg Maternal Health and Wellness Program

AT NORTH SHORE CHILD
& FAMILY GUIDANCE CENTER



It's sometimes hard to be a mother,
but when the "baby blues" don't
go away, it can get even harder.
If you are a new mom – or know
someone who is – and are worried
about how you or she is feeling,
please give us a call. **We can help.**

To Schedule An Appointment
or For More Information,
Please Contact Us

(516) 626-1971

info@northshorechildguidance.org

www.northshorechildguidance.org

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While many women experience some mild mood changes during pregnancy or after the birth of a child, 15% to 20% of women experience more significant symptoms of postpartum depression and other perinatal mood and anxiety disorders.

Some signs include:

- Difficulty sleeping or eating
- Trouble taking care of yourself or your baby
- Feeling overwhelmed by your emotions
- Having uncomfortable or scary thoughts

Our services include:

- Screening and assessments
- Individual, couple and family therapy
- Crisis intervention consultation
- Psychiatric evaluations and medication management, when needed
- Support groups
- Back-to-work family support
- Self-care practices
- Workshop opportunities



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***The Diane Goldberg Maternal Health
and Wellness Program***

is located at the

Marks Family Right From the Start 0–3+ Center

80 North Service Road, LIE

Manhasset, NY 11030

(516) 626-1971

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