

New Parents Connect

SUPPORT FOR NEW & EXPECTING PARENTS NAVIGATING MOOD AND ANXIETY DISORDERS



“It was very hard for me to come forward and confront that I had postpartum depression and wasn’t feeling anything towards my baby. Even thinking about it now makes me feel like crying. It is such a relief that I feel differently now.”

NEW MOMS CONNECT CLIENT



1 IN 6
MOTHERS

1 IN 10
FATHERS

Experience perinatal mood and anxiety disorders including postpartum depression

If left untreated, perinatal mood and anxiety disorders (PMADs) may lead to impaired attachment between parent and child, developmental delays, infant neglect, and maternal suicide.

New Parents Connect clients may be:

- ▶ Feeling sad, depressed, or overwhelmed
- ▶ Feeling anxious and/or having intrusive thoughts
- ▶ Feeling irritable or angry
- ▶ Having difficulty bonding with baby
- ▶ Experiencing isolation, guilt and shame
- ▶ Experiencing marital/partner challenges
- ▶ Coping with birth or health challenges
- ▶ Experiencing breast feeding challenges
- ▶ Lacking support

New Parents Connect is a

**FREE, GROUP-BASED
SUPPORT PROGRAM**

for new and expectant parents at risk for or experiencing stressors and symptoms associated with PMADs.

JEWISH FAMILY SERVICE LA

New Parents Connect

Who is Eligible for New Parents Connect?

- ▶ New and expecting parents
- ▶ Los Angeles County residents

RSVP is required to attend



“When someone in our group talked about the things their in-laws said to them, or the sickness their child had, or the ins-and-outs of the argument they got into with their partner, it felt very meaningful and moving to me, even if that same thing hadn’t happened to me. I related strongly to the emotional truth of the experience, because of that vulnerability and specificity. Especially because other men were sharing it.”

[New Dads Connect client](#)

What Does New Parents Connect Provide?

Participants share personal experiences and feelings while receiving support and feedback from other group members and from professional facilitators.

NEW MOMS CONNECT: An online support group to help mothers navigate the stressors and symptoms of PMADs and other postpartum challenges.

NEW DADS CONNECT: A 10-week online support group to help new fathers access the best ways to support their families and share their experiences as fathers.

PREGNANCY SUPPORT: An 8-week online support group to help expectant parents prepare for the adjustment of having a new baby.

COUNSELING: New Parents Connect can also provide no-cost, short-term counseling to participants who would benefit from specialized support or face barriers to accessing counseling. If needed, New Parents Connect links families with complex or heightened needs to other essential support, forming a care network.



“The group continually reinforced asking for help from others, and the pressure on moms to be everything. I remember one session where we discussed communication and language, and strategies for communicating with partners to get what we needed. The facilitator was incredible at pointing out threads in our conversations and making more universal points about them regarding the societal pressures on mothers and perfectionism.”

[New Moms Connect client](#)

Information about JFSLA New Parents Connect can be found at jfsla.org/newparentsconnect or by emailing newparentsconnect@jfsla.org.

jfsla.org