

# Out of the Darkness...

## ...Into the *Light*



### Specialized groups and therapy for pregnant and parenting women

Are you pregnant? Have you given birth within the last twelve months?

Are you feeling a bit lost?

Do you feel overwhelmed, isolated and alone, scared, or irritable and angry?

Are you...

...Having scary thoughts

...Dealing with anxiety

...Excessively worried

...Experiencing changes in appetite

...Experiencing feelings of guilt

...Having trouble sleeping

### Do you want help finding a way out of the darkness?

*Caring Network may be able to assist you... call us today to learn more about our new services:*

#### Out of the Darkness Therapy Groups

Virtual Meeting via Teams

1:30 - 3:30 pm

Closed Group with Pre-Screen Required

August 10, 13, 17, 20, 24 and 27

#### Into the Light Support Groups

Open Group — Join When You Can

2nd and 4th Thursdays from 3:30-4:30

Virtual Meeting via Zoom

Call us to give us your email to Join one of the groups above  
You will NOT be turned away due to type or lack of insurance.  
Call us today to learn more or schedule an intake appointment!

# 269-370-0628

Nicole Cody, Bridges Therapist

