



Support Group for New Moms Returning to Work

The **Faculty and Staff Counseling & Consultation Office (FASCCO)** is offering an ongoing drop-in style support group for women returning to work following the birth and/or adoption of a child. The group is designed for women in their third trimester of pregnancy through the time their child is two years old.

The group will address various topics, including preparing for maternity leave, work-life balance, separation anxiety, familial adjustments, lactation support, baby blues, sleep hygiene, feeding issues, child care, returning to work, and building a post-partum support system. This offering emphasizes group discussion of participant experiences as well as educational components. There is no charge for staff or faculty to attend. Participants are encouraged to bring lunch.

Pre-registration is required on a monthly basis

WHEN: Second Thursday of every month

TIME: 12:00 p.m. - 1:15 p.m.

WHERE: Central campus, please inquire for details

REGISTER: Contact Jill Castro at jscastro@umich.edu or (734) 936-8660



**FACULTY & STAFF COUNSELING
& CONSULTATION OFFICE**
UNIVERSITY OF MICHIGAN

fascco@umich.edu | fascco.umich.edu