

Mommy Matters Support Groups



Our new **Barbara C. Gutin Pre and Postpartum Program** in collaboration with our **Toppel Family Place**, offers support groups that provide a space to share thoughts, feelings and experiences in a safe environment. Designed for women during their pregnancy and into the postpartum period, these groups afford moms a special place to connect, encourage and empower each other.

Mommy Matters Support Group with Karyn

- Learn mindfulness and self-care techniques while navigating motherhood
- 1st and 3rd Mondays of the month: 10-11 am - Jan.4 & 18; Feb. 1 & 15

Mommy Matters Support Group with Mindy

- Find support for you and your family in the transition into parenthood
- 2nd and 4th Thursday of the month: 6-7 pm – Jan. 14 & 28; Feb. 11 & 25

Mommy Matters Support Group with Loretto

- Understand the physiological impact of pregnancy on postpartum depression
- 2nd Friday of the month: 11am-12pm– Jan. 8; Feb. 12

Mommy Matters Couples Support Group with Loretto

- Acquire tools to achieve a balanced, harmonious relationship with your partner
- 3rd Wednesday of the month: 7-8 pm – Jan. 20; Feb. 17



Mommy Matters Support Groups

Side 2



About Our Team

Karyn Rosenberg, LCSW, PMH-C is a psychotherapist with a private practice located in Boca Raton. Karyn holds a certification in perinatal mental health, assisting clients with postpartum mood changes, depression and anxiety. She specializes in grief, loss, fertility and reproductive mental health. She also works in the field of third party reproduction, offering consultation, mental health screenings, and evaluations, as well as counseling with egg donors, surrogates, and intended parents.



Mindy Bisignano, LCSW is the former founder and director of the Safe Kids Program of Palm Beach County. She has been in private practice for the last 20 years; she specializes in working with families and children going through life transitions. Trained in cognitive behavioral, psychodynamic and solution-focused modalities, Mindy is also play therapist and child therapist. Mindy's goal is to provide individuals with a safe, comfortable environment to share life experiences in a nonjudgmental environment.



Dr. Loretto Maldonado, PhD is a licensed clinical psychologist practicing in Boca Raton. With a strong background in Behavioral Medicine and Rehabilitation Psychology, she specializes in improving problem-solving and self-awareness with individuals, couples, and families experiencing life transitions. Dr. Maldonado was the Director of the Mental Health Clinic in Key West, Florida and later was the Director of Psychology Department at Pinecrest Rehabilitation Center in Delray Beach, Florida.



Who Should Participate? Our support groups are designed for mothers of babies under one-year-old. These groups are free. Individual counseling is available for a fee.

Other Resources: Nurturing Your Newborn: Facilitated by Registered Nurse, Jackie Adames, IBCLC. This group is designed for Moms to gain confidence as they share common experiences and organically form supportive relationships. For information, email ashimony@spanishriver.com.

Postpartum Support International (PSI): For help 24/7, call 1-800-944-4773, text 503.894.9453 or visit www.postpartum.net. If you are in crisis and experiencing a medical emergency, **please call 911**.

To learn more about the Barbara C. Gutin Pre and Postpartum Program or to register, visit www.brrh.com/Gutin or call 561.955.Mama (955.6262).



Christine E.
**Lynn Women's Health &
Wellness Institute**
BAPTIST HEALTH SOUTH FLORIDA

Barbara C. Gutin Pre and Postpartum Program
www.BRRH.com/Gutin | 561.955.Mama (955.6262)
Dates Valid 11/1/20 – 12/31/20