



Pregnancy Support group

Support for you during the COVID-19

UCSF is piloting a support group for UCSF patients who are pregnant during COVID-19. Our goal is to support our pregnant patients who are facing worries and uncertainty during the COVID-19 pandemic.

The six week group will include facilitated peer support and practice of stress reduction techniques, such as mindfulness. This support group is not intended to provide direct treatment for anxiety, depression, or other mental health concerns, but we can help with a referral for treatment if needed.

Group facilitators:

Dr. Jennifer Felder, PhD

Assistant Professor, Department of Psychiatry and Osher Center for Integrative Medicine

Dr. Patricia Robertson, MD

Professor, Department of Obstetrics, Gynecology and Reproductive Sciences

Must be gestational age \leq 30 weeks at start of group

The support group will be held on Thursdays 12-1:15 via zoom beginning July 9th.

- ▶ July 9, 12 noon-1:15pm
- ▶ July 16, 12 noon-1:15pm
- ▶ July 23, 12 noon-1:15pm
- ▶ July 30, 12 noon-1:15pm
- ▶ August 6, 12 noon-1:15pm
- ▶ August 13, 12 noon-1:15pm

Offered at no cost to patients: Registration: please email WHRC at whr@ucsf.edu
Registrants will be sent a Zoom link prior to the start time.