



Pregnancy Support Group

Support for you during the COVID-19 pandemic

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.

This four week series 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, Core Research Faculty, Osher Center for Integrative Medicine

Dr. Patricia Robertson, MD

Professor, Department of Obstetrics, Gynecology and Reproductive Sciences

The FREE support group will be held on the following Fridays via zoom:

- ▶ Friday, May 15, 12 noon-1pm
- ▶ Friday, May 22, 12 noon-1pm
- ▶ Friday, May 29, 12 noon-1pm
- ▶ Friday, June 5, 12 noon-1pm

To register, call the UCSF Women's Health Resource Center at (415) 514-2670 or email whrc2@ucsf.edu.

Registrants will be sent a Zoom link prior to the start time.

**Each participant is asked to follow confidentiality protocols.*