

Girlfriends Health, PLC

News Release

FOR IMMEDIATE RELEASE

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New Classes on *Postpartum Adjustment* Announced

New program developed to help Brevard County mothers cope with Postpartum Depression

Indialantic, Florida – (March 27, 2008) – Girlfriends Health PLC, a Brevard County organization dedicated to promoting women’s health during every stage of life with a special interest in the childbearing years, is pleased to announce they have added a new class titled, *Postpartum Adjustment* to their educational program.

As many as 80% of women experience the “baby blues” after childbirth which goes away on its own within 2 to 3 weeks. However, between 10% and 20% of new mothers develop a more disabling form of mood disorder called “postpartum depression.” Symptoms include (but are not limited to) feeling sad, crying a lot, not enjoying things one usually enjoys, having difficulty sleeping, feeling guilty, and worrying a lot for no good reason.

Women face many challenges after pregnancy. They need some time to recover from childbirth and deal with the accompanying aches and pains, they need to care for their newborn 24 hours a day, adjust to the changes in their relationships with their partner, families and friends, keep up with housework and chores, and try to find some time for themselves. This can be a very challenging time for a new mother and it is no wonder why so many mothers feel overwhelmed.

“Motherhood can really be overwhelming, especially if you have no one to guide you through” said Dr. Rachel Lefebvre, Girlfriends Health’s licensed psychologist. “This is why we created this in depth postpartum adjustment educational series. The goal is to help new mothers gain back control of their life and decrease symptoms of depression and stress.”

Classes are held Tuesdays from 10:30 to 11:30am in Girlfriends Health’s Indialantic office at: 503 5th Avenue in Suite #103. Different topics are covered over the course of six weeks which runs continuously so that women may join at any time. The cost is \$30.00 per class. Pre-Registration is required. Contact Dr. Lefebvre at: 321-536-1724 or visit GirlfriendsHealth.com for more information.

About Girlfriends Health PLC:

Girlfriends Health PLC is a Brevard County organization dedicated to promoting women’s health during every stage of life with a special interest in the childbearing years. As becoming pregnant, being pregnant and giving birth can deeply effect one woman’s physical, mental and spiritual well being, Girlfriends Health’s goal is to help women feel empowered and confident during this special time. Dr. Lefebvre is a licensed psychologist specializing in perinatal issues including infertility, pregnancy loss, and depression during and after pregnancy.

For more information contact:

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