



# Maternal Mental Health Program Support Groups

## Hoag Support Group for New Moms

Hoag offers free weekly support groups facilitated by licensed therapists for women experiencing the baby blues or postpartum depression. Participants can expect a safe setting to talk openly about their experiences. These ongoing support groups focus on teaching positive coping skills and providing support and education.

- **Evening group:** Mondays from 6:00 p.m. to 7:00 p.m.
- **Daytime group:** Wednesdays from 11:00 a.m. to 12:00 p.m.
- **Location:**  
Hoag for Her Center for Wellness  
500 Superior Ave., Suite 315, Newport Beach, CA 92663

Babies and support persons are welcome. For details, please call the Maternal Mental Health Support Line at 949-764-5333.

## Group Facilitators



### **Elisabeth Farnsworth, LMFT**

Elisabeth is a Licensed Marriage and Family Therapist, and was trained by PostPartum Support International (PSI) in the treatment of Perinatal Mood Disorders in 2005. After her training, she worked in private practice where her specialty was helping women recover from emotional illness during pregnancy and the postpartum period. She is the lead therapist at Hoag's Maternal Mental Health Program and has served as Post-Partum Support International's Orange County Coordinator since 2005.



### **Angela Mains, LCSW**

Angela is a Licensed Clinical Social Worker with over 30 years' experience working with individuals facing life changing events. She completed her training at UCLA and became a member of the Hoag Care Management Team in 2001. She is passionate about addressing the emotional and psychological needs of women facing challenges during the perinatal experience. Angela is the Care Manager at Hoag's Maternal Mental Health Program.



### **Laura Navarro-Pickens, LCSW**

Laura is a psychotherapist in private practice in Newport Beach treating individuals, couples, families and groups. She has been helping individuals and their families deal with difficult life experiences for over 25 years. For the past 15 years she has focused her practice on working with families who experience postpartum mood & anxiety disorders and other reproductive trauma. She has facilitated Hoag's Postpartum Adjustment Group since 2000.