It’s sometimes hard to be a mother, but when the “baby blues” don’t go away, it can get even harder...

If you are a new mom and you are worried about how you are feeling, please give us a call. We can help.

THE DIANE GOLDBERG MATERNAL DEPRESSION PROGRAM
AT NORTH SHORE CHILD & FAMILY GUIDANCE CENTER

FOR HELP OR MORE INFORMATION, PLEASE CONTACT US

(516) 626-1971
info@northshorechildguidance.org

NORTH SHORE CHILD & FAMILY
Guidance Center
The **Diane Goldberg Maternal Depression Program** helps women who have mood disorders during and after pregnancy, a condition that affects 10–20% of all new mothers. Some signs include:

- Difficulty sleeping or eating
- Trouble taking care of yourself or your baby
- Feeling overwhelmed by your emotions
- Having uncomfortable or scary thoughts

If you or someone you know is experiencing any of these symptoms, we can help.

Our services include:

- Individual, couple and family therapy
- Crisis and psychiatric consultation
- Parent support groups

**The Diane Goldberg Maternal Depression Program**

*is located at the*

Marks Family Right From the Start 0-3+ Center
80 North Service Road, LIE
Manhasset, NY 11030
(516) 484-3174
www.northshorechildguidance.org