

The Diane Goldberg Maternal Depression Program

AT NORTH SHORE CHILD
& FAMILY GUIDANCE CENTER



It's sometimes hard to be a mother,
but when the “baby blues” don’t
go away, it can get even hard-
er. If you are a new mom—or
know someone who is— and are
worried about how you or she is
feeling, please give us a call.
We can help.

To Schedule An Appointment
or For More Information,
Please Contact Us

(516) 626-1971


info@northshorechildguidance.org

www.northshorechildguidance.org

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While many women experience some mild mood changes during or after the birth of a child, 15% to 20% of women experience more significant symptoms of postpartum depression and other perinatal mood and anxiety disorders.

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

Our services include:

- Screening and assessments
- Individual, couple and family therapy
- Crisis intervention consultation
- Psychiatric evaluations and medication management, where needed
- Support groups
- Back-to-work family support
- Help with self-care



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***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

