



Virtual Support Groups

Women's Mental Health @OB/GYN will be offering free and low-cost open support groups in a variety of different topics. These support groups are a place to talk about challenges, life transitions, and emotions in a welcoming and inclusive environment.

- Fertility Support
- Menopause Support
- Endometriosis Support
- LGBTQIA+ Parenting
- Perinatal Support and Transition to Parenthood
- Pre-Term Birth Support
- Type 1 Diabetes in Pregnancy Support
- Perinatal Loss Support
- Cardiovascular Fetal Anomaly Support
- Placenta Accreta Support

Connect with others in a safe and affirming environment.

Gain weekly support and resources.

Share and discuss in an open and inclusive setting.

**Contact Kiyanne Rivers
(If2292@cumc.columbia.edu) or
scan the QR code for more
information.**

