



**Feeling overwhelmed or unsure of where to turn for support?
Want to talk to other parents who can relate to your experience?**



Join a Free Online Support Group

PSI understands everyone faces different challenges. Our free online support groups are confidential and judgment-free, and led by trained volunteer facilitators who get it.

We offer numerous groups on a wide variety of topics, including:

- Perinatal (Pregnancy & Postpartum) Mental Health
- Loss and Grief
- After Abortion
- Termination for Medical Reasons

Many groups are tailored to serve specific communities, including:

- Moms and Birthing People
- Asian, South Asian, Pacific Islander, or Asian Americans
- Black, Indigenous, People of Color
- Dads
- Deaf Parents
- Military Moms
- Queer and Trans Parents

What to expect:

Our sessions are 90 minutes long. The first half-hour provides information and education and establishes group guidelines. Group members spend the next hour sharing and talking with each other. As you share this journey, you'll discover understanding, support, and a wonderful sense of community.

What to do:

Select a group that interests you. It's a great way to learn about helpful tools and resources while connecting with other parents facing similar challenges.

Explore our
expanding list of
free support groups:



Spanish-language
support groups
Encuentros de apoyo:

