

Diabetes, Pregnancy, and Mindfulness

A group for pregnant women with diabetes

Pregnancy brings joy and excitement, but it may bring anxiety too. And if you have diabetes, those worries may be even worse.

This four-week group uses mindfulness-based cognitive therapy to help you reduce stress and anxiety and gain confidence, self-compassion, and inner tools to manage your diabetes during your pregnancy.

Thursdays
1 PM - 2:30 PM

Center for Women's Health
Kohler Pavilion, 7th Floor
808 SW Campus Drive
Portland, OR 97239

Each session lasts four weeks and start dates vary. To register for an upcoming session, please contact us at **503-418-4500**.

www.ohsuwomenshealth.edu

