

# Barton offers variety of support groups

Barton Health has created three new support groups targeting diverse populations.

- Perinatal Challenges Support Group

Being a mother is one of the hardest jobs. If you are an expecting or new mom looking for people who understand what you are going through, join this support group. All parents with perinatal mood and anxiety challenges are welcome. The group meets every Wednesday, 5:30-6:30pm, 1077B 4th St., South Lake Tahoe. For more information, contact Bridget Demaree at 530.543.5549 or [bdemaree@bartonhealth.org](mailto:bdemaree@bartonhealth.org).

- Tobacco Free Support Group

Share experiences and get support from others on the journey to a tobacco-free lifestyle. Learn additional strategies and tools to help you through challenges. Starting June 1, meetings will be Wednesdays, 5:30-6:30pm at 1077B 4th St., South Lake Tahoe. Sign up at [fit.bartonhealth.org](http://fit.bartonhealth.org) under Addiction Resources. For more information, call 530.543.5549.

- Mommy and Me Support Group – Toddler (12-36 months)

This group meets every Thursday, 10am-noon at 1077B 4th St., South Lake Tahoe. Share experiences and discuss the joys and challenges of parenting. Get support from other mothers as well as professional support from a childbirth instructor and guest speakers. Speakers and topics vary. For more information, contact Bridget Demaree at 530.543.5549 or [bdemaree@bartonhealth.org](mailto:bdemaree@bartonhealth.org).