

“Why can't
I love my
baby?”



Helping Families Through
Postpartum Depression
wingsforwellness.org

“My heart broke
while my anxiety and
depression intensified.”

“The guilt
I felt was
overwhelming.”

“The depression
deepened...”

“I couldn't eat.
“I couldn't sleep,
and that was all I wanted
to do to escape
everything.”

Wings For Wellness

We are dedicated to
helping women and their
families overcome
Postpartum Depression (PPD)
by raising awareness and
providing support, resources
and education.



“Just when
the caterpillar
thought the world was over,
she became
a butterfly.”



Please visit our website
for the following resources:

What is PPD?
Survivor Stories
Psychiatrists
Therapists
Support Groups
Hot Lines
Literature
Upcoming Events

wingsforwellness.org

Feel free to email us directly from our website
for moral support, questions or additional resources.