

# THRIVING WITH GESTATIONAL DIABETES

A gestational diabetes diagnosis can cast a shadow over the joy of pregnancy, leading to feelings of guilt, isolation, and concerns about health and delivery.

## Join us for a virtual peer support group!

### Discussion Topics Include:

- Handling emotions and overcoming guilt
- Finding joy amidst the challenges
- Feeling heard and supported by your medical team
- Connecting with others who understand
- Balancing health with emotional well-being

This group is facilitated by Grace McGathey, LICSW, a clinical social worker who has also experienced gestational diabetes

Learn More about the group and sign up at <https://bit.ly/3uSR3kA> or follow the QR code



### Who is this Group For?

Anyone in Massachusetts, Maine, or Illinois who is currently pregnant and diagnosed with gestational diabetes

### When does it meet?

\*new time\* Fridays 12-1 pm EST

Group admission is on a rolling basis, and participants may join for as few or as many months as they would like. The group is limited to 10 participants.

