

M.E.S.H. Program

(Mothers Engaged to Stay Healthy)

Rules of Participation

Administrators

- Hilary Waller, MS, LPC, Director of Education and Programming
- Karen Kleiman, MSW, LCSW, Founder, The Postpartum Stress Center, LLC (PPSC)
Author of *This Isn't What I Expected*, *The Postpartum Husband*, *What Am I Thinking*, *Therapy and the Postpartum Woman*, *Tokens of Affection*, *Cognitive Behavioral Therapy for Perinatal Distress*, *The Art of Holding*

M.E.S.H. Participants (the Group)

1. This is a “secret” group on Facebook. This means that only Group members can find the Group on Facebook and read the posts. It is not searchable by persons who are not members.
2. It is assumed that each member has read and understood these Rules of Participation before participating in the Group. These Rules of Participation were put in place for the sole purpose of protecting the well-being of members.
3. *Members who do not follow these Rules of Participation will be removed from the Group. Removal of the Group shall be at the sole discretion of the Administrators.*

About the PPSC

The PPSC has distinguished itself as a premier treatment and professional training center for prenatal and postpartum depression and anxiety. In addition to this area of expertise, we offer a full range of general counseling services to individuals or couples seeking support. (postpartumstress.com)

Mission Statement for the M.E.S.H. Program

Our objective is to provide evidence-based psychoeducation and emotional support to insure the well-being of new mothers.

Removal of Content

The administrator, in her sole discretion, may remove any content posted by any member if she determines that the content is in violation of these Rules of Participation.

Unacceptable Content

We will not accept any post that is considered inflammatory, infringing, obscene, or contains illegal content, including messages that can be construed as harassment. There will be zero tolerance for name-calling, personal attacks and abusive remarks. Curse words will be assessed through the context within which they are used.

Posts may not include solicitations of any kind (including but not limited to promotional posts, sales of products, and requests for information for publication, research, private or funded)

Content Disclaimer

The posts in this group setting, which reflect the views, beliefs, opinions or statements made by any member of the Group are not and shall not be construed to reflect the views of The PPSC or anyone associated or affiliated with The PPSC.

Relationship Created

Neither participation in the Group nor these Rules of Participation create an employer-employee relationship, a partnership, joint venture, agency, or therapeutic relationship.

Important Guidelines

1. Be kind at all times. Be respectful of your fellow group members and their personal beliefs.
2. We ask that you do not request or provide medical or psychological advice within this community. Questions requiring medical or psychological advice should be directed to an appropriate professional outside of this Group.
3. This is not a therapy group. We are disseminating psychoeducation that we believe will help you feel better prepared for the challenges of the postpartum period.
4. If you are worried the way you are feeling, please let your healthcare provider know.
5. If you are worried about the emotional well-being of another Group member, please alert the administrator.

If you have questions, please contact Hilary Waller, hwaller@postpartumstress.com or 610.525.7527 x8