



present

NEW MOMS' SUPPORT GROUP

MONDAYS • 10:30-11:30 am

A weekly drop-in support group for postpartum women who are experiencing stress, depression, anxiety or simply trying to navigate their new role as a mother.

The group focuses on giving support, learning skills for coping, managing the stress related to the transition to motherhood. Having social support from a group of other mothers has been shown to help in the recovery of pregnancy and postpartum mood changes.



group meets at bend yoga
on the Downtown Mall
bendcville.com