

# YOU'VE GOT THIS SUPPORT GROUP

## A support group for new and expecting moms!

Join us for free monthly sessions the third Tuesday of each month to help you be the best mom you can be!

Join us in a safe, confidential and nonjudgmental setting to share, learn and connect with other new moms or expecting moms. The group includes information on self-care, nutrition, sleep, relaxation, communication, relationships, role changes, postpartum depression and emotions. We feature special guest speakers and community experts on a variety of topics.

### Who should attend:

- Expecting moms and new moms, babies in arms.
- Support people, family members, partners, spouses are welcome.

### Where:

Online Via Zoom.

### When:

The third Tuesday of each month from 1 - 2 pm.

### Registration or Questions:

\*No cost but our format has changed to online and is now offered via Zoom.

**Please call 520-694-4525 to enroll or to ask any questions.**



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