

Post-Partum Support Group

ARE YOU FEELING

Sad, Hopeless, Helpless, Overwhelmed or Having Baby Blues, Depression and Anxiety during pregnancy or after giving birth?

THIS MAY BE THE SUPPORT YOU NEED.

This will be a discussion group about the challenges of being a mom; a place where moms and dads can come to ask questions, receive helpful resources, referrals, and supportive counseling. Babies are welcome.

When: Every 3rd Tuesday of each month

Time: 11 a.m. - 12 p.m.

Place: Arrowhead Regional Medical Center
400 N. Pepper Ave., Colton, CA 92324
(Post-Partum Conference Room - Third Floor)

For more information, contact Kendra Carter, MSW - 909.580.3530



Sponsored by Social Services