



A FREE support group for any mom or pregnant woman that struggles with anxiety, depression, or other mental health concerns.

Join a licensed social worker and other women like you in learning to use mindfulness and other coping skills to handle the specific challenges that come with being a mom.

**South Redwood
Public Health Center**

7971 S 1825 W, West Jordan
Last Tuesday of each month
11:00 am–12:00 pm



saltlakehealth.org



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