



Afterglow: Postpartum Support Group

Free 75 minute group

donations appreciated

Facilitated by a Postpartum
Support Int. certified
Psychotherapist



Contact

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To sign up today
Space is limited

1st and 3rd Saturdays
10:00-11:15 am

- Are you struggling with the transition of adding a baby to your family?
- Maybe you are experiencing anxiety, sadness, anger or unwelcome thoughts?
- Perhaps this experience is more difficult than you anticipated?
- You are not alone. Come join other mammas as we walk this journey together, offering support from each other and coping skills from a therapist.

Location

Luna Counseling Center

6000 East Evans Ave. Building 1, Suite 255 Denver, CO 80222

Babies Welcome

For updates check the "Groups" page at www.lunacounselingcenter.com