

Virtual Postpartum Gathering



Every Tuesday via Zoom from 10:30-11:30

Topics to Cover:

Week 1: Physical and hormonal change 1/5/2021	Week 5: your wellbeing 2/2/2021
Week 2: bonding with your baby 1/12/2021	Week 6: postpartum feelings 2/9/2021
Week 3: Feeding your baby 1/19/2021	Week 7: Family planning 2/16/2021
Week 4: Recovery after birth 1/26/21	Week 8: Raising your baby and your future 2/23/2021 Graduation!

Facilitated via Zoom.

To register please contact Hanna at 415-273-9043 before 1/6/21.