



HOMELESS PRENATAL PROGRAM

POSTPARTUM SUPPORT GROUP

A VIRTUAL GROUP VIA ZOOM

WEDNESDAYS | 2 PM TO 3 PM
JULY 15 TO SEPTEMBER 2ND



The postpartum group seeks to create a welcoming space where mamas will learn and share their knowledge about the period after their pregnancy.

Topics will include:

- Recovering from Birth
- Physical & Hormonal Changes
- Bonding & Feeding Baby
- Postpartum Feelings

Our goal is to create a safe space for postpartum people to support one another as they experience their individual transitions of mind, body and identity from a pregnant person to a parent.

FACILITATED BY:

GABY (415) 484-8205

HANNA (415) 273-9043