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:
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