



Postpartum Support Group

HOMELESS PRENATAL PROGRAM • 2500 18TH ST SAN FRANCISCO • 415-546-6756 • WWW.HOMELESSPRENATAL.ORG



Wednesdays 1:30 - 2:30 pm
April 20th - June 15th, 2022

A Weekly Virtual Postpartum Support Group

For families who are in their postpartum journey.

Families in this support group build community with other new parents. This group covers important topics like recovering from birth, wellness, and self-care.

To register call:

Katherine 4158551701 or

Hanna 415-273-9043

April 20, 2022	Physical and hormonal changes
April 27, 2022	Bonding with your baby
May 4 , 2022	Feeding your baby
May 11 , 2022	Recovery after birth & Your wellbeing
May 18 , 2022	Postpartum feelings and mental health 1
Jun 1 , 2022	Postpartum feelings and mental health 2
Jun 8, 2022	Family planning, transition to parenthood
Jun 15 , 2022	Graduation!