



Postpartum Support Group

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



July 19th through September 6th 2022

Every Tuesday at 1:30 Virtual Postpartum Support Group Via Zoom

For families who are in their postpartum journey.

Families in this support group build community with other parents. This group covers important topics like recovering from birth, postpartum hormonal changes and Understanding and responding to the emotional changes that can happen after childbirth, including "baby blues," postpartum depression and anxiety

To register call:

Angelica 415-504-1483 or Juanita 415-692-1768

July 19 ,2022	Physical and hormonal changes
July 26, 2022	Bonding with your baby
August 2, 2022	Feeding your baby
August 9 , 2022	Recovery after birth & Your wellbeing
August 16, 2022	Postpartum feelings and mental health 1
August 23, 2022	Postpartum feelings and mental health 2
August 30, 2022	Family planning, transition to parenthood
September 6, 2022	Graduation!