



# Postpartum Support Group

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



**April 12th through May 31 2023**  
**Postpartum Support Group Via Zoom**  
**(Virtual)**  
**Wednesday at 1:30PM - 2:30 PM**

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.

For any question related to registration. Please contact Samantha at 650-204-0613 or Juanita at 415-632-1768



4/12/2023	Physical and hormonal changes
4/19/2023	Bonding with your baby
4/26/2023	Feeding your baby
5/3/2023	Recovery after birth & Your wellbeing
5/10/2023	Postpartum feelings
5/17/2023	Mental health Part 2
5/24/2023	Family planning, transition to parenthood
5/31/2023	Graduation!