



# Postpartum Support Group

HOMELESS PRENATAL PROGRAM • 2500 18<sup>TH</sup> ST SAN FRANCISCO • 415-646-6756 • WWW.HOMELESSPRENATAL.ORG



**October 19th through December 7th  
2022**

**Virtual every Wednesday at 1:30PM  
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

For any question related to registration. Please contact Katherine Loinez at 415-855-1701 or Alicia Ruiz at 415-625-3014

<b>10/19/2022</b>	<b>Physical and hormonal changes</b>
<b>10/26/2022</b>	<b>Bonding with your baby</b>
<b>11/2/2022</b>	<b>Feeding your baby</b>
<b>11/9/2022</b>	<b>Recovery after birth &amp; Your wellbeing</b>
<b>11/16/2022</b>	<b>Postpartum feelings and mental health 2</b>
<b>11/23/22</b>	<b>Thanksgiving Recess / no class</b>
<b>11/30/2022</b>	<b>Family planning, transition to parenthood</b>
<b>12/7/2022</b>	<b>Graduation!</b>