

# Mothers Support Circle

Join us on Thursday mornings  
from 10:00 AM to 11:00 AM

We invite new mothers to join a facilitated Virtual Postpartum group to openly discuss the joys, challenges and transition to motherhood.

Participants will learn techniques that support mom's physical and emotional health, nutrition, mood changes and supporting baby's development through interaction, bonding and establishing routines.

Hold phone camera over QR code to join group.

