The Afterglow: A Post-Partum Support Group For New Mothers

In this four-week series, new moms and their babies will gather to share their experiences and support one and other in the new days of parenting.

During this group, participants will:

* Learn about the ‘baby blues’ and the emotional changes that can occur after childbirth.

* Practice self-care, relaxation techniques, including yoga, which are clinically proven to reduce stress and increase mom’s wellbeing.

* Discuss the highs and lows of motherhood in a supportive space.

* Connect with other new parents.

facilitated by Melissa Whippo, LCSW & Juli Fraga, Psy.D.

6 Week Series offered on Tuesdays (10:30am-12:00pm):
- Jan 20, Jan 27, Feb 3, Feb 10, Feb 17, Feb 24 – Location: 1545 Divisadero, Room 526
  NEW Location: 1855 4th St./16th St. Ste. A-3471
- Mar 31, April 7, April 14, April 21, April 28, May 5
- June 2, June 9, June 16, June 23, June 30, July 7
- Aug 11, Aug 18, Aug 25, Sep 1, Sep 8, Sep 15

Fee: $150 per series – Sliding Scale available based on need

http://www.whrc.ucsf.edu/whrc/gex/afterglow.html
To register, please contact:
UCSF Great Expectations Pregnancy Program
415-353-2667