

Embracing Motherhood Support Group

Come join us as we create a nurturing and supportive group for all the stages that motherhood has to offer.



WHEN: TUESDAYS

Dates: 9/17/24, 10/1/24, 10/15/24, 10/29/24, 11/5/24, 11/19/24, 12/3/24, 12/17/24

TIME: 10 am – 11:30 am

WHERE: Perinatal Healing

COST: Asking \$20 dollar donation per group **OR** what you are able to donate (donations will help keep the group sustainable). **If you cannot donate, that is perfectly fine, still come and join us.** Babies in arms welcomed. Snacks will be provided

Please RSVP gailgarica@perinatalhealing.org by the Friday before to help with head count for snacks

In addition to group based therapy, individual therapy is offered as well. If you feel like you would benefit more with individual therapy, please reach out with the contact information below and we can better assist you.

Location:

Perinatal Healing

1294 E First Ave, Suite 120

Chico Ca, 95926

(diagonal from In Motion Fitness)

530-588-5817

email: gailgarica@perinatalhealing.org

Follow us on instagram to stay to up to date with new information regarding our services:

@perinatalhealing

