

# Pregnancy & Postpartum Support Group



In this group for Pregnant and New Moms, we will:

- Discuss stress, depression, anxiety and difficulty adjusting
- Learn coping skills, relaxation techniques, communication skills
- Support moms to recover from pregnancy and birth
- Help you feel well and be the mom you want to be

Facilitated by **Nayeli Corona-Zitney, LCSW**

**Every first and third Wednesday of the month  
12:30 pm to 2:00 pm  
Currently being held virtually through Zoom**

***EMAIL: [nayelilcsw@gmail.com](mailto:nayelilcsw@gmail.com) for the link***

*For more information please call 909.865.9858*



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