



Taking Care of Mama

A virtual opportunity for pregnant and new moms to connect and gain support during these challenging times.

Tuesdays, December 2020 - April 2021

2:00 - 2:45 pm PT, 3:00 - 3:45 pm MT, 4:00 - 4:45 pm CT, 5:00 - 5:45 pm ET

All are welcome at no cost - Join one meeting or join all

To receive registration link or for questions contact:

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ZOOM meetings facilitated by Maternal Mental Health NOW staff

Anna King, LCSW, PMH-C & Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C



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