

GROW YOUR VILLAGE

A PERINATAL MENTAL HEALTH SUPPORT GROUP



EVERY TUESDAY
4 pm - 5 pm

A SAFE SPACE TO EXPLORE AND DISCUSS PARENTHOOD, CHANGING IDENTITY & EXPECTATIONS, SELF-CARE, AND TO GIVE AND RECEIVE SUPPORT.

START DATE: MARCH 26

LOCATION: VIRTUAL VIA ZOOM

CALL TO SCHEDULE YOUR
PRESCREENING APPOINTMENT:
(920) 903-1060



MORE INFORMATION AT
US2HBC.ORG