



# Taking Care of Mama

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

**Tuesdays, July - December 2020 | 2:00 - 2:45 pm (PST)**

**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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MATERNAL MENTAL HEALTH NOW  
supporting the well-being of growing families

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