



Mamas Supporting Mamas

Support Group for Moms

Join us for a FREE open in-person support group 1st Wednesday of every month at 10 am - 12pm.

Dates:

Nov 6, 2024

Dec 4, 2024

Skip Jan 2025

Feb 5, 2025

Mar 5, 2025



Scan code to register

Great opportunity to:

- Connect with other moms
- Share your experience
- Gain support and validation
- Learn helpful tools & resources



Hosted by LACDMH Long Beach Child and Adolescent Program - CalWORKs Team

Register through QR code above or email:

Dr. Anne Gordula

ADGordula@dmh.lacounty.gov

Sessions will be held in person at:
2600 Redondo Ave, 6th FL
Long Beach, CA