

JEWISH FAMILY SERVICE LA

Pregnancy & Postpartum Support

PREGNANCY SUPPORT GROUP

Are you pregnant and seeking support?

Join a warm, compassionate environment where expectant mothers can share hopes, questions, concerns and receive support from each other and our professional group leaders. The goal of this 8-week group is to connect with other expectant mothers and prepare for the adjustment to parenthood.

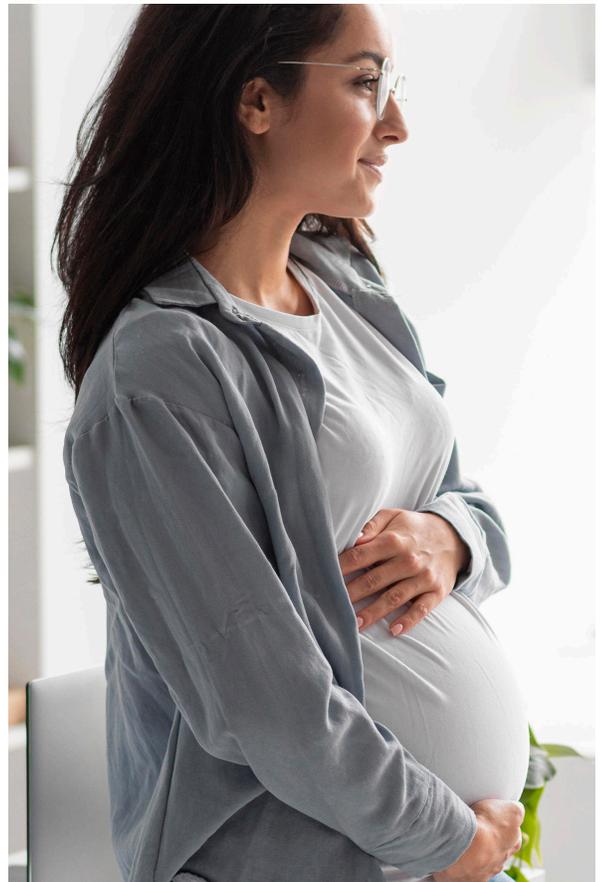
Topics of discussion may include physical and emotional changes, mood, birth, and attachment.



Scan to learn more!

To learn more or connect with our New Parents Connect team, visit jfsla.org/newparentsconnect, email newparentsconnect@jfsla.org, or call (310) 272-7878.

Free!
All expectant mothers
are welcome!



**Groups meet
weekly on Zoom**