



▶▶ Service Area 6 Presents: **HEY MAMA!**

WEDNESDAY'S beginning 3/4/26 thru 6/10/26
10:30AM – 11:30AM

A virtual support group for expecting moms, current moms, new moms, and future moms.
Providing tools to support self-care and wellness for both mother and child.

[HEY MAMA | Meeting-Join | Microsoft Teams](#)

Meeting ID: 273 472 190 711 19

Passcode: kM9TK9ZQ

Dial in by phone Dial in by phone

[+1 323-776-6996](tel:+13237766996)

Phone conference ID: 635 567 984#

For more information, please contact us at MOMi@DMH.LACOUNTY.GOV.



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.