



MANAGING MOTHERHOOD POSTPARTUM SUPPORT PROGRAM

Adjusting to life after childbirth can be challenging, but you don't have to navigate this journey alone.

Our Postpartum Support Program is designed to provide essential resources and foster connections among new mothers. Each meeting offers a welcoming space to learn and discuss strategies for managing your well-being during this significant transition. Together, we will explore a range of topics, including:

- Baby's sleep patterns
- Infant developmental milestones
- Family dynamics
- Moods and mental health
- Realistic expectations of the transition into parenthood

Join us in person or virtually every Tuesday from 10:30 a.m.-noon.

Call 205-212-MOMS or scan the QR code to register.

