



Alameda County Health
BLUE SKIES MENTAL WELLNESS
**MOM TO MOM
SUPPORT GROUP**

Alone we can do so little,
together we can do so much more!



Thursday
September 12 - November 14, 2024



10:00 am - 11:30 am

**MOM to MOM is a FREE virtual Support Group
for Alameda County Moms
Who Are Pregnant or
Have Babies 0-12 Months Old**

Many women suffer from emotional challenges including depression and anxiety before and after the birth of a baby.

MOM TO MOM ONLINE SUPPORT GROUP WILL HELP YOU:

- Set healthy goals & expectations
- Enhance mom/baby attachment
- Prioritize self-care
- Learn how to manage depression & anxiety symptoms
- Create supportive relationships

REGISTRATION REQUIRED

SCAN



Use URL link or scan QR Code
to access registration form.



www.forms.office.com/g/my07RYFi3Z

Gift cards available for participants

For more information contact
Manager Tameko Jones, LCSW



510-618-2083



VIRTUAL SUPPORT GROUP

Facilitated by Angela Polk, LMFT

For Alameda County Residents only



**Public Health
Department**
Alameda County Health



StartingOutStrong.info