

# 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.

For more information, please visit us at [jfsla.org/new-moms-connect](http://jfsla.org/new-moms-connect).

To RSVP, please call (310) 272-7878 or email [newmomsconnect@jfsla.org](mailto:newmomsconnect@jfsla.org).

**Groups meet weekly on Zoom**

**All expectant mothers are welcome!**

**FREE!**