The Afterglow
A postpartum support group for new mothers

During this six-week series mothers with their babies gather to share their experiences and support one another in their new days of parenting. Recommended after your baby is born.

Learn about the “Baby Blues” and the emotional changes that can occur after childbirth.

Practice self-care, relaxation techniques, including yoga, which is clinically proven to reduce stress and increase mom’s wellbeing.

Discuss the highs and lows of motherhood in a supportive space and connect with other new parents.

Melissa Whippo, LCSW & Juli Fraga, Psy.D. facilitators

January-March 2017: January 31, February 7, 14, 21, 28, March 6
April-May 2017: April 11, 18, 25, May 2, 9, 16
June-July 2017: June 13, 20, 27, July 11, 18, 25
MB: 1855 4th St., 3rd Fl., A3473 (Mission Bay), San Francisco

Tuesdays, 10:30am-12pm Fee: $150 per series-Six sessions per series
Sliding scale available based on need