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 2016**: Jan 26, Feb 2, Feb 9, Feb 16, Feb 23, Mar 1
**March 2016**: Mar 22, Mar 29, Apr 5, Apr 12, Apr 19, Apr 26
**May 2016**: May 24, May 31, Jun 7, Jun 14, Jun 21, Jun 28

*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

**To sign up or for more information, contact us** at (415) 353-2667 or visit whrc.ucsf.edu/whrc/

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