



Pregnancy & Postpartum Support



Every Monday

Starting:

February 26, 2018

Time:

9:00 am– 11:30 am

Location:

**Community Settlement
Association**

Address:

4366 Bermuda Ave.

Riverside, CA 92507

951-686-6266

For more information call:

Gloria Lopez

(909) 982-8641

Gloria@we-reachout.org

**Do you feel sad, overwhelmed,
exhausted or just not feeling yourself?**

Mamás y Bebés is a program dedicated to helping moms before and after baby who want to build support and explore the joys and challenges of motherhood!

- 8 Weekly Classes
- Refreshments
- Free Child Care Provided
- Free to women who are pregnant or have a 0-12 month old and meet program criteria.



REACH OUT
Strengthening Communities





Pregnancy & Postpartum Support



Every Tuesday

Starting:

February 27, 2018 to

April 17, 2018

Time:

9:00 am– 11:30 am

Location:

Rubidoux Family Resource

Center:

5473 Mission Blvd.

Riverside, CA 92509

951-328-1575

For more information call:

Gloria Lopez

(909) 982-8641

Gloria@we-reachout.org

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