

Pregnancy & Postpartum Stress Group



In this group for Pregnant and New Moms, we will:

- Discuss stress, depression, anxiety and difficulty adjusting
- Learn coping skills, relaxation techniques, communication skills
- Support moms to recover from pregnancy and birth
- Help you feel well and be the mom you want to be

Lunch and childcare will be provided.

Facilitated by **Katayune Kaeni, Psy.D.**

**Every first, third and fifth* Wednesday
12:30 pm to 2:00 pm**

1798 N. Garey Ave., Pomona • Women's Center Auditorium

**when occurring*

For more information please call 909.865.9858

For up-to-date scheduling, please go to:

<https://www.meetup.com/Pregnancy-Postpartum-Stress-Support/>



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