

ARE YOU A NEW MOM? WONDERING IF IT'S SUPPOSED TO BE THIS HARD?



Looking for a community of
other moms who get it?

Those first weeks
and months are so hard...

*sleep deprivation

*feeling overwhelmed

*feeling more emotional

*having so much self doubt

*Feeling worried

**Anxiety, depression, birth trauma
make it even harder.*



Come to our new moms group!

We get it! And we will offer hope that it will get easier.
We are group of moms who support each other.

Mothering Together

A virtual Support Group for expectant mothers and mothers of children age 0-5

Beginning October 7th Wednesdays 1-2pm

Join at any time, groups are open and free - come as you are!

Online video chat format, children welcome to "attend" with you

Questions or to register / join: call or text Elisia: (360)477-8540



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Washington State Department of Early Learning



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