

# MAMA'S ME TIME



*A Peer Support Group for Pregnant and new mothers. Come share, learn and grow with other moms. Let's explore self-care, healing, cultural practices and listening to our inner wisdom.*

*Wednesday's 11:30 - 1:00pm*

*April 5, 2023 - June 21, 2023*

*First Step Forks Resource Center*

*1071 South Forks Ave*



*Facilitated by Yvonne Bolstrom,  
Certified Doula, Parent Educator and  
Tribal Member of the Lower Elwha  
Tribe. For More Information Call:*

*360-460-0512*



[FirstStepFamilySupportCenter.org](http://FirstStepFamilySupportCenter.org)



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