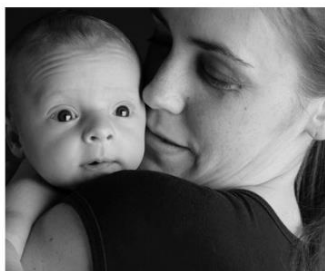


# ARE YOU A NEW MOM? WONDERING IF IT'S SUPPOSED TO BE THIS HARD?



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

Wednesdays 1-2pm on Zoom

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 Jeanene 360-457-8355



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