

# UCSF Postpartum Village

## *Weekly Online Support Group*



**Listen and share your story as a new parent from the comfort of your own home.**

Join UCSF's Postpartum Village online support group offered weekly on a drop-in basis. Our goal is to support our postpartum patients who are facing the ups and downs of being new parents, healing and connecting with other families especially during the uncertainty of the COVID-19 pandemic.

- Facilitated peer support
- Strategies for postpartum recovery
- Practice of stress reduction techniques, such as mindfulness.

*This support group is not intended to treat direct postpartum medical conditions, but a referral can be provided if needed.*

**FREE drop-in weekly support group beginning July 24th**

Fridays, 11:00am-12:15pm | Online via zoom | Maximum 10 participants per session

Registration required, contact the UCSF Women's Health Resource Center, (415) 514-2670 or e-mail [whrc2@ucsf.edu](mailto:whrc2@ucsf.edu). Registrants will be sent a Zoom link prior to the start time.

*\*Each participant is asked to follow confidentiality protocols.*