



The Afterglow

A postpartum support group for new mothers

During this six-week series mothers with their babies gather to share their experiences and support one another in their new days of parenting. Recommended after your baby is born.

Learn about the “Baby Blues” and the emotional changes that can occur after childbirth.

Practice self-care, relaxation techniques, including yoga, which is clinically proven to reduce stress and increase mom’s wellbeing.

Discuss the highs and lows of motherhood in a supportive space and connect with other new parents.

Melissa Whippo, LCSW & Juli Fraga, Psy.D. facilitators

January 29-March 5, 2019: January 29, February 5, 12, 19, 26, March 5

April 9-May 14, 2019: April 9, 16, 23, 30, May 14

June 11-July 16, 2019: June 11, 18, 25, July 2, 9, 16

MB: 1855 4th St., 3rd Fl., A3473 (Mission Bay), San Francisco

Tuesdays, 10:30am-12pm Fee: \$150 per series-Six sessions per series

Sliding scale available based on need