



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.

UCSF patients only

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 28-March 3, 2020: January 28, February 4, 11, 18, 25, March 3

April 7-May 14, 2020: April 7, 14, 21, 28, May 5, 12

June 9-July 16, 2020: June 9, 16, 23, 30, July 7, 14

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

Tuesdays, 11:30am-1:00pm Fee: \$150 per series-Six sessions per series

Sliding scale available based on need

Register in person or call: (415) 353-2667, (415) 514-2670. Visit womenshealth.ucsf.edu/whrc for info.