

Navigating Pregnancy and Beyond

a new support group for Moms-to-be

Throughout pregnancy we are taught how to care for and bring Baby safely into the world. However, most of the time we forget about how to take care of ourselves during this time.

This group focuses on developing coping skills and support systems in order to take care of yourself during pregnancy and postpartum periods.

Come meet other Moms-to-be who are going through the same life changing process. You will gain the inside scoop while learning about infant development, dispelling the myths of motherhood, and gaining a better understanding of the emotional changes during pregnancy and the postpartum periods.

This group is facilitated by Child Psychologists Dr. Nicole Chavez and Dr. Parie Baharian, experienced in supporting Moms in pregnancy, postpartum and beyond.



We meet Weekly in Newport Beach

For more information or to register, please visit:
www.postpartumrelief.org or call 949-791-7289