



## Moms Support Group

## **Class Details**

This free, weekly ongoing group is an opportunity for moms and babies to connect face-to-face in a relaxed (online) environment to express the joys and concerns of being a new mother. We discuss a variety of topics including nursing, newborn care, parenting, and other common experiences. The group is facilitated by an International Board Certified Lactation Consultant (IBCLC).

This group meets via Zoom on Tuesdays from 10:30 am – 11:45 am

Contact yana.harootunian-cox@mymarinhealth.org for an email link to join!

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