

Mothers and Babies

IN-PERSON CLASS

Postpartum Support Virginia



What

A 6-session series designed for prenatal & postpartum moms

When

Thursdays
March 6 - April 17, 2025
10 - 11:30am

Where

Olde Towne Medical Center
5249 Olde Towne Rd
Williamsburg, VA 23188

- M**Meet other moms and share typical challenges that mothers of newborns face
- O**ffer new and exciting wellness strategies to better handle stress
- T**alk about infant milestones and learn how we can help our babies grow
- H**ear about how postpartum depression and anxiety can impact our parenting
- E**ncourage a community of support in a confidential, warm and relaxed environment
- R**ecognize support systems and discover additional resources
- S**hare our successes and **HAVE FUN!**

SCAN TO REGISTER



This class is **FREE** and babies are welcome!



Scan to submit questions anonymously

Sharon Powell, Esq. from



will be joining on March 6 to answer pre-written questions from 11 AM - 12 PM.

| www.postpartumva.org |

*Please note that **registration will close** after March 13th*

If you attend 5 sessions, you will receive a \$25 Walmart gift card.

This training is made possible by a grant from the Williamsburg Health Foundation.