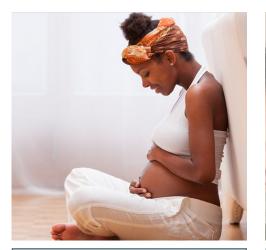
Mothers and Babies

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

Meet other moms and share typical challenges that mothers of newborns face Offer new and exciting wellness strategies to better handle stress Talk about infant milestones and learn how we can help our babies grow Hear about how postpartum depression and anxiety can impact our parenting Encourage a community of support in a confidential, warm and relaxed environment Recognize support systems and discover additional resources Share our successes and HAVE FUN!



Scan to submit questions anonymously

Sharon Powell, Esq. from

Powell Law, PLLC Immigration and Nationality Law

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

| www.postpartumva.org |

SCAN TO REGISTER



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

*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.