



Postpartum Support Group

Are You Feeling:

Sad, Hopeless, Helpless, Overwhelmed or Having Baby Blues,
Depression and Anxiety during pregnancy or after giving birth?

This may be the support you need.

This will be a discussion group about the challenges of being a mom; a place where moms and dads can come to ask questions, receive helpful resources, referrals, and supportive counseling. Babies are welcome.



For more information, call
909.580.3530

Every 3rd Tuesday of each month

11 A.M. - 12 P.M.

Arrowhead Regional Medical Center
(Post-Partum Conference Room - Third Floor)
400 N. Pepper Ave., Colton

Sponsored by Social Services

ArrowheadMedCenter.org

The Heart of a Healthy Community™