



# Ajustándonos a la maternidad

Grupo gratuito de apoyo emocional

**Segundo y cuarto  
Miércoles de cada mes  
De 5 a 6 de la tarde**

Nos reuniremos online vía Zoom

<https://tinyurl.com/ALMATERNIDAD>



*Supporting Mamas*

También puede contactar:  
[sandra.vas.conde@gmail.com](mailto:sandra.vas.conde@gmail.com)

[www.supportingmamas.org](http://www.supportingmamas.org)



# Adjusting to Motherhood

## Free Emotional Support Group

Do you sometimes feel like you aren't cut out to be a mother? Do you have conflicting feelings about your baby? Do you sometimes have unwanted thoughts, anxiety, panic, sadness or worry? Join us in a safe, confidential setting designed to nurture you and create supportive connections between mothers.

**Every Thursday\***  
**10 to 11:15am**

**Every Monday**  
**7:30 to 8:30pm**

E-mail [info@supportingmamas.org](mailto:info@supportingmamas.org)  
to receive the registration link.

*\*In partnership with Family Tree Wellness*

Supporting Mamas is a 501c3 nonprofit.  
EIN 47-4561203  
[www.supportingmamas.org](http://www.supportingmamas.org)

Questions?  
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