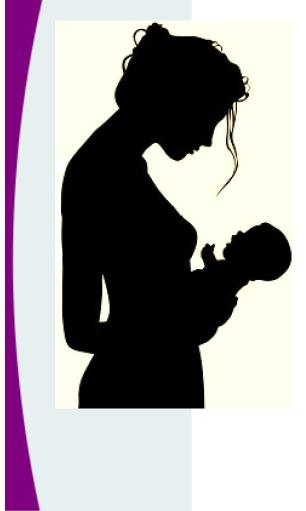


Afterglow: Postpartum Support Group

Free 60 minute Virtual Support Group

Contact

Sara Henninger, LMFT 303-710-9070 Sign up today <mark>Space is limited</mark>



Thursdays at noon Beginning February 15th

- Are you struggling with the transition of adding a baby to your family?
- Maybe you are experiencing anxiety, sadness, anger or intrusive thoughts?
- Perhaps this experience is more difficult than you anticipated?
- You are not alone. Come join other mamas as we walk this journey together; offering support from each other and coping skills from a therapist.

Babies Welcome