



Luna
Counseling
Center

Afterglow: Postpartum Support Group

**Free 60 minute Virtual
Support Group**

Contact

Sara Henninger, LMFT

303-710-9070

Sign up today

Space is limited

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