

JEWISH FAMILY SERVICE LA

Pregnancy & Postpartum Support



PREGNANCY SUPPORT GROUP

Are you pregnant and seeking support?

Join a warm, compassionate environment where expectant mothers can share hopes, questions, concerns and receive support from each other and our professional group leaders. The goal of this 8-week group is to connect with other expectant mothers and prepare for the adjustment to parenthood.

Topics of discussion may include physical and emotional changes, mood, birth, and attachment.

For more information, please visit us at jfsla.org/pregnancy-and-postpartum-support.

To RSVP, please call (310) 272-7878 or email newparentsconnect@jfsla.org.

Groups meet
weekly on
Zoom

*All expectant mothers
are welcome!*

FREE!