

JEWISH FAMILY SERVICE LA

Pregnancy & Postpartum Support



YOU ARE NOT ALONE.

New Moms Connect groups provide a warm, compassionate environment for mothers/parents to come together to share personal experiences and feelings while receiving support and feedback from group members and professional facilitators.

New Moms Connect helps new mothers/parents and their families overcome feelings of isolation, depression, and anxiety while increasing access to community resources and strengthening support networks. Groups are no cost!

For more information, please visit us at jfsla.org/new-moms-connect.

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

**Groups meet
weekly
Join us on Zoom**

Babies are welcome!