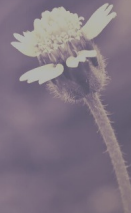




WEEKLY SUPPORT GROUPS

Virtual groups for perinatal women and parents in Northern New Jersey

*Connect with other parents,
from the comfort of your home
using your phone, tablet, or
computer.*



MON: 3:00 pm - Circle of Hope: Group for New Moms of Color

TUES: 1:00 pm - New Moms Support Group

WED: 10:00 am - Grupo para Nuevas Madres

THUR: 12:00 pm - Pregnancy & New Moms Support Group

(Every Thursday starting June 9th)

6:00 pm - Pregnancy & Infant Loss Support for Parents

(Bi-weekly starting April 21st)

FRI: 10:00AM - Pregnant Moms Support Group

* E-mail YGonzalez@pmch.org for meeting dates and times *

For more information and to register, visit:
<https://pmch.org/programs/support-group>