
PERINATAL GROUP SUPPORT

FOR THE CHILDBEARING YEAR

EVERY OTHER SATURDAY 9-11AM & 12PM-2PM
RESTORE PHYSICAL THERAPY
966 NW CIRCLE BLVD
CORVALLIS

A new peer support group has started in Corvallis for perinatal wellness and mood support.

Facilitated by a birth and postpartum doula who is trained by Postpartum Support International to lead peer support groups, the group focus is on judgment-free support and building skills for thriving when you feel like you're just surviving.

Upcoming Dates: October 27, November 3, November 17,
December 1, December 15

Learn more or sign up for a reminder text at
www.proudmamasupportservices.com/groupsupport.html

Questions? Call/Text Sophie Grow @ 541-221-0708