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# PERINATAL GROUP SUPPORT

## FOR THE CHILDBEARING YEAR

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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: June 9, June 23, July 7, August 4, August 18,  
September 1, September 15, September 29

**Learn more or sign up for a reminder text at**  
**[www.proudmamasupportservices.com/groupsupport.html](http://www.proudmamasupportservices.com/groupsupport.html)**

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