



# Mom2Mom

## Maternal Support Group

***WE ARE VIRTUAL!***

**Thursdays**

**1:00PM-2:00PM**

**Direct Link:** <https://www.gotomeet.me/mhmrtc/mom2mom>

**You can also dial in using your phone:**

United States: [+1 \(571\) 317-3112](tel:+15713173112)

**Access Code:** 846-326-093

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<https://global.gotomeeting.com/install/846326093>

***You are STILL, NOT alone***

Join us as we discuss perinatal and postpartum experiences. We understand that anxieties may be heightened at this time and we want to make sure you [STILL] feel supported!

Be supported, and support other moms going through this journey. Learn and talk about your experience with Prenatal Depression, Baby Blues, Postpartum Depression and Postpartum Psychosis.

For more information or questions please contact:

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