

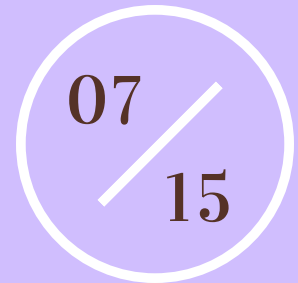
UPLIFT

SUNDAY, JULY 15 @ 10AM
5921 S. MIDDLEFIELD RD., STE 201
LITTLETON, CO 80123

NEW MOM GROUP

A group specifically intended for pregnant and new mothers. This is a safe space to be real about the adjustment to motherhood (good, bad, and ugly), find connection and support from other women experiencing similar things.

Discover resources and helpful tools that work for you in assisting you to flourish during this time of your life. Becoming a mother is hard.



COME RECEIVE MUCH NEEDED SUPPORT THAT'S VALIDATING AND UPLIFTING!



To register and for more information please contact
AJ Bernstein at 720.507.4195 or bernsteincounseling@gmail.com,
or Rachel Weinstock 970.412.6881 or tiredasamotherblog@gmail.com