



Embracing Motherhood Support Group

Perinatal Mood and Anxiety Disorder (PMAD) is common and used to describe distressing feelings that occur during pregnancy (perinatal) and throughout the first year after pregnancy (postpartum). This support group will provide you with an open but confidential forum to share your experiences with others, build supportive relationships, and share resources that can benefit you and your family.

Support Groups will take place every 1st & 3rd Thursday of the month.

Time

12:30 p.m. to 1:30 p.m.

Location

Baby and Family Center at SBMC
2101 N Waterman Ave, San
Bernardino, CA 92404

**For more information, call
(909)881-4420**



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