

# Virtual Maternal Support Group

- **WHEN:** Mondays at 2 pm starting April 5
- **WHO:** Moms of young children
- **HOW:** RSVP to [mpearson@relatemn.org](mailto:mpearson@relatemn.org) for the Zoom link



Take some time to re-group and care for yourself while getting support from a group of moms in a confidential space. Come together and share your parenting challenges and triumphs with other parents in a process-oriented group led by a Relate therapist. Some of the topics to be covered include: self-care, mindful parenting, managing COVID-19 anxiety, and maternal mental health.

