

Mothering Together: Thursdays at 1 PM

*Bringing Mothers
together to share in
the joys and the
challenges of
navigating
parenthood*



Are you looking for an opportunity to join other mothers and share in the challenges along with the joys of navigating motherhood? This free group will feature a supportive topic each week that will focus on the adjustments of being pregnant or after becoming a parent. The focus will be to offer community support around the pleasures and difficulties in this season of life as facilitated by one of our therapists who is trained in maternal mental health. **Babies and children welcome.**

**Meeting at
Beginnings Birth
Center
9475 Briar Village
Point
Colorado Springs, CO**

**For Questions
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