



# Taking Care of Mama

A virtual opportunity for pregnant and new moms to connect and gain support during these challenging times.

**Tuesdays, December 2020-April 2021**

**2:00-2:45 pm (PST) | 3:00-3:45 pm (MST)**

**All are welcome at no cost - Join one meeting or join all**

To receive registration link or for questions contact:

Barbara Sheehy | (415) 544-2395 | [Barbara.Sheehy@DignityHealth.org](mailto:Barbara.Sheehy@DignityHealth.org)

ZOOM meetings facilitated by Maternal Mental Health NOW staff

Anna King, LCSW, PMH-C & Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C



November 30, 2020