## New Mothers' Support Group

Are you feeling sad, irritable, extremely exhausted, or anxious?

You are not alone.

Join a weekly support group with other new mothers.

Find support from others who are going through similar feelings and situations. This group provides support, resources, and a listening ear.

Groups will be meeting in Rubidoux, Perris and Temecula.

To enroll, call (951) 358-5438 or (951) 955-5328 to schedule a private orientation meeting.

There is no charge to participate.

Childcare provided.

Support Groups in English and Spanish.



