

Pregnancy and Postpartum Stress Mother's Circle

Facilitated by
Nayeli Corona- Zitney, LCSW.



This group for pregnant
and new moms will:

- ✚ Discuss difficulty with adjusting to new parenthood, depression and anxiety.
- ✚ Discuss coping skills, stress management and communication skills.
- ✚ Discuss motherhood experiences that can be influenced by society, technology, partner relationships, careers, baby/child development and parenting.
- ✚ Moms offer and receive support to recover from pregnancy and birth.

For more information
Call (909) 480-8225
nayelilcsw@gmail.com

Cost: \$20 per person

For updated information
[https://www.meetup.com/
Rancho-Cucamonga-
pregnancy-postpartum-
stress-Meetup-Group/](https://www.meetup.com/Rancho-Cucamonga-pregnancy-postpartum-stress-Meetup-Group/)



Every second and fourth Tuesday
5:30 pm to 7:00 pm

9431 Haven Ave. (Conference Room) Rancho Cucamonga, CA 91730