

Emotional Wellbeing Support Group in Pregnancy and Postpartum

KAISER PERMANENTE • SAN FRANCISCO



Support Group

Pregnancy and the postpartum bring changes and new challenges which can be stressful.

Please join our support group to learn from each other how to stay emotionally healthy as we grow in to our new roles as mothers.

**No appointment necessary.
Simply drop-in.**

**Free of charge to Kaiser Permanente
members. Babies welcome.**

Class Information

Thursdays
11:00AM - 12:30PM

Department of
Psychiatry
French Campus
4141 Geary Boulevard
3rd Floor, Group Room 3

Note: Schedules and
location are subject to
change.

Please call
(415) 833-4523
to confirm prior to attending
or for more information.