



## MOM TO MOM SUPPORT GROUP

Under the best of circumstances adjusting to motherhood can be exhausting, confusing, and exciting all at the same time. Learning how to manage and master these new challenges can be overwhelming. Sharing your experiences with other moms who have similar and different experiences is enlightening, comforting and healing.

The mom to mom support group is for new mothers who have recently delivered a baby and would like to:

- Share and discuss milestones and coping with parenting challenges
- Discuss feeding concerns or problems
- Gain encouragement from lactation consultant and other moms

**WHEN:** Every Wednesday

**WHERE:** Virtual

**REGISTER:** Using the QR Code



[SentaraLeighMaternity.com](https://SentaraLeighMaternity.com)