

## PARENT-CHILD PARTICIPATION SERIES

# MAMA AND BABY SUPPORT AND PLAY GROUP

Free!

*Connect with other mamas and receive support from a clinician around the unique challenges of parenting a baby!*

Local public health guidelines will be adhered to for all in-person classes.



Questions? Email [scyouthcoalition@gmail.com](mailto:scyouthcoalition@gmail.com)

This class is in  
ENGLISH

JANUARY 12, FEBRUARY 2,  
MARCH 2, APRIL 6 AND  
MAY 4, 2022

10:00 TO 11:00 AM  
STROTHER PARK  
1150 HUASNA RD, ARROYO GRANDE

Once monthly mama and baby support and play group facilitated by peri-natal specialist and licensed marriage and family therapist, Roya Oakley. Mamas and babies will come together to process the challenges and needs around parenting a baby. Roya will explore ways for moms to create a circle of support, prioritize their own mental wellness and cope with challenges.

*Space is limited. Child care for siblings may be available upon request.*

**Enroll today free of charge!**

<https://mama-and-baby-support-play-group.eventbrite.com>

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