Pregnant and Postpartum Support Group

Are you pregnant or parenting and suffering from symptoms of anxiety, depression, or stress? Have you been feeling sad, irritable, exhausted, sleepless or anxious? You are not alone.

This free group provides support, resources, a listening ear and a connection to other mothers and mothers-to-be experiencing similar feelings.

Groups will be meeting at the following locations on the designated days:

Mondays	Tuesdays	Thursdays
Parkview Hospital Founder's Center 3865 Jackson St., Riverside, CA 92503	***Lake Elsinore Family Care Center*** 2499 E. Lakeshore Drive Lake Elsinore, CA 92530	***Val Verde District-Red Maple School Site*** 25100 Red Maple Lane Moreno Valley, CA 92551
Our Lady of Perpetual Help Catholic Church 45-299 Deglet Noor Indio, CA 92201	***Hemet Family Care Center*** 880 N. State Street, Hemet, CA 92543	***Palm Springs Family Care Center*** 1515 North Sunrise Way Palm Springs, CA 92262

All groups are offered in English from 10-11:30 a.m. and in Spanish from 12-1:30 p.m.
Child Care is provided.

To enroll, call (951) 358-5438 or (951) 955-5328 to schedule a private orientation meeting.
There is no charge to participate.

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RIVERSIDE COUNTY DEPARTMENT OF MENTAL HEALTH

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