



# The Afterglow

*A postpartum support group for new mothers*

*During this six-week series mothers with their babies gather to share their experiences and support one another in their new days of parenting. Recommended after your baby is born.*

**Learn about the “Baby Blues”** and the emotional changes that can occur after childbirth.

**Practice self-care, relaxation techniques,** including yoga, which is clinically proven to reduce stress and increase mom’s wellbeing.

**Discuss the highs and lows of motherhood** in a supportive space and connect with other new parents.

*Melissa Whippo, LCSW & Juli Fraga, Psy.D. facilitators*

**January-March 2017:** January 31, February 7, 14, 21, 28, March 6

**April-May 2017:** April 11, 18, 25, May 2, 9, 16

**June-July 2017:** June 13, 20, 27, July 11, 18, 25

*MB: 1855 4th St., 3rd Fl., A3473 (Mission Bay), San Francisco*

**Tuesdays, 10:30am-12pm Fee: \$150 per series-Six sessions per series**

*Sliding scale available based on need*

**UCSF Medical Center**

Women's Health