

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!*



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

This class is in  
ENGLISH

SEPTEMBER 1, OCTOBER 6,  
NOVEMBER 3, DECEMBER 1,  
2021 AND JANUARY 31,  
FEBRUARY 2, MARCH 2,  
APRIL 6, MAY 4, 2022

10:00 TO 11:00 AM  
RANCHO GRANDE PARK  
RANCHO PARKWAY, 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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