

Are you a mama? Are you expecting?

DO YOU NEED SUPPORT?

NAMI Beaver County PA has a new group “**Momma Bears**” that supports mothers in all stages of motherhood with the physical and emotional issues that may occur during pregnancy.

EVERYTHING IS CONFIDENTIAL

Moms and expectant mothers over the age 18 are welcome to the group.

New weekly topics will be explored

Common topics will be explored

Resources provided

Safe environment to share

Presenters will be offered monthly with information & expertise

Our meetings are held on Mondays at 7 p.m. through Zoom

Privacy and confidentiality is of the utmost importance

Please contact Marina at: Powerwomen247@gmail.com

for more information and registration

