



Moms Support Group

Class Details

This free, weekly ongoing group is an opportunity for moms and babies to connect face-to-face in a relaxed (online) environment to express the joys and concerns of being a new mother. We discuss a variety of topics including nursing, newborn care, parenting, and other common experiences. The group is facilitated by an International Board Certified Lactation Consultant (IBCLC).

**This group meets via Zoom on Tuesdays
from 10:30 am – 11:45 am**

Contact yana.harootunian-cox@mymarinhealth.org for an email link to join!