



PREGNANCY & POSTPARTUM

PARENT COMMUNITY GROUPS

Are you a pregnant or postpartum parent? This is a chance to gather with other parents in your life stage, to share joys and struggles, and to get support right where you are. Groups are facilitated by maternity care specialists. All are welcome! Simply sign up to receive your group access link.

[MOTHERWELDOULA.COM/MOMGROUP](https://motherwelldoula.com/momgroup)

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