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español y comparten experiencias e intereses similares.   *Solo se habla espanol, por favor.* | | | | | | | | | | | | | |  | | --- | | **Starting September 10th, 2024 Drop-in Tuesdays 11:30 am-1 pm @ WellMama.**   * Connect with other Spanish-speaking moms who share similar experiences and interests and * Receive support raising multi-cultural children with community   *Spanish speaking only, please.* | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | 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group meets once a week over the course of eight weeks to offer the opportunity to share, process, and bond as a group with others who have gone through similar experiences.  Visit **lifeafterlossoregon.org** for more information. | | | | | | | | | | | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | |  | | | |  | | --- | |  | | [**REGISTER HERE for Managing Anxiety**](https://airtable.com/appHE32fOtMwYUjun/shrRXpkD9Tqp2Ui6a) | | | |  |  | | --- | --- | | |  | | --- | | **Managing Anxiety**  **Returning September 27, 2024**  **8-week series**  **Fridays, 12:30-2 pm  @ WellMama**  Anxiety can be crippling, especially when you have little ones.  This series will provide tips and tricks on managing anxiety as well as a safe place to talk through the toughest parts of raising littles, in a supportive environment with others going through similar life stages. | | | | | | | | | | | | | |  | | --- | |  | | | |  | | --- | | **Our Grand Opening is in 10 days! Join us! 🎉** | | |  | | |  | | --- | | Join us for **WellMama's Grand Opening** on Friday, **September 13th** as we celebrate this milestone and welcome you to our brand-new home. Your support has been amazing—let’s make this celebration unforgettable!  Attendance by *Eugene Mayor,* Lucy Vinis, and *Lane County Commissioner*, Laurie Trieger!  **Ribbon cutting and toast at 5:30 pm 🥂**  [#WellMamaNewSpace](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwellmamaoregon.us7.list-manage.com%2Ftrack%2Fclick%3Fu%3Dfc03c73f85067b8f9e6a7c2ab%26id%3Dff15453638%26e%3D1927432435&data=05%7C02%7CTRICIA.L.MERRICK%40odhs.oregon.gov%7C8ddec116bde143b01b0f08dccbb7fd04%7C658e63e88d39499c8f4813adc9452f4c%7C0%7C0%7C638609238338482518%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3BTHyD7k7hYk03EvtV9FKFkSRrs9obfia26JXGbq11c%3D&reserved=0) [#GrandOpeningCelebration](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwellmamaoregon.us7.list-manage.com%2Ftrack%2Fclick%3Fu%3Dfc03c73f85067b8f9e6a7c2ab%26id%3D97a9652850%26e%3D1927432435&data=05%7C02%7CTRICIA.L.MERRICK%40odhs.oregon.gov%7C8ddec116bde143b01b0f08dccbb7fd04%7C658e63e88d39499c8f4813adc9452f4c%7C0%7C0%7C638609238338491344%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5MBxObE0N5Ddgu3qYi9Y5%2FeNzJQZuJI%2BvbZpxSR4Am8%3D&reserved=0) | | | |  | | --- | |  | | [**RSVP HERE!**](https://www.eventbrite.com/e/wellmama-grand-opening-tickets-1000388066637?aff=oddtdtcreator) | | | |  | | --- | |  | | | |  | | --- | |  | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Welcoming back our**  **Perinatal Mental Health Summit!**  Join us for our **2024 Perinatal Mental Health Summit**, a comprehensive and interdisciplinary event designed to enhance the skills and knowledge of healthcare professionals working with perinatal populations. Hosted by WellMama, this summit brings together a diverse range of experts and practitioners including doctors, midwives, doulas, social workers, therapists, nurses, traditional health workers, and nonprofit community leaders.  **Where?** Unitarian Universalist Church In Eugene (1685 W 13th Ave, Eugene, OR 97402)  **When?** Thursday, October 10th, 8:30 am- 4:30 pm  **Cost?** $175\* \**Scholarships available - please submit scholarship form by September 20th* | | | |  | | --- | |  | | [**REGISTER HERE**](https://www.eventbrite.com/e/2024-perinatal-mental-health-summit-registration-982637815157?aff=oddtdtcreator) | | | |  | | --- | |  | | [***SCHOLARSHIP APPLICATION***](https://forms.office.com/pages/responsepage.aspx?id=Z1Gbyo7BbkiM60yDDTEAjbwBPFDnHChCjWhhbB7DhmNUQVgzTFdSOTU2SVJURlZORU1ENEpMSjE4WS4u&route=shorturl) | | |  | | | | | | | | | | | |  | |  | | |  | | --- | |  | | |  | | | | |