



Center *for* Family Development

Pregnancy & Early Postpartum Group

A 6-week group to support parents in pregnancy and early postpartum

This 6-week group is for parents in the pregnancy or early postpartum period. Session content focuses on:

- Learning strategies to notice and improve mood
- Reducing stress during pregnancy and early postpartum
- Supporting babies' learning and development
- Developing tools for communication with supports



. This group is FREE for all participants, thanks to a grant from the Early Childhood Hub of Lane County.

Upcoming Group Details:

Start Date: Wednesday August 6th (the group will be held every Wednesday for 6 weeks)

Time: 10am-12pm

Location: Center For Family Development, 1234 High Street, Eugene

Contact our Perinatal Group Coordinator at 541-525-9329 or visit c-f-d.org to enroll on our website

