



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: Monday December 1st, 2025 (the group will be held every Monday for 6 weeks)

Time: 2:00-4:00pm

Location: Center For Family Development, 261 East 12th Ave, Eugene

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

