



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 February 25th, 2026 (the group will be held every Wednesday for 6 weeks, skipping the week of 4J Spring Break on 03/25/26)

Time: 6:00-8:00pm

Location: In-person at Center For Family Development in Downtown Eugene

Contact our Perinatal Group Coordinator at 541-735-1635 or visit c-f-d.org to enroll on our website

