



New Moms Support Group

Are you a new mom who is feeling anxious, sad, irritable or just not like yourself? Even if this is not your first baby, you may be experiencing a range of emotions, physical adjustments and unexpected stress. This free support group offers an opportunity to share your experiences with other moms who may have similar challenges.

We're meeting virtually!
First and third Fridays of each month
4 – 5:30 P.M.

[Click here to join](#)

Registration is not required, and your baby is welcome.
The group is affiliated with Postpartum Support Virginia.

► To learn more, call 540-536-8768 or email mwarren2@valleyhealthlink.com

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