



Free Mommy and Me at the Park

For New Mommies & Babies

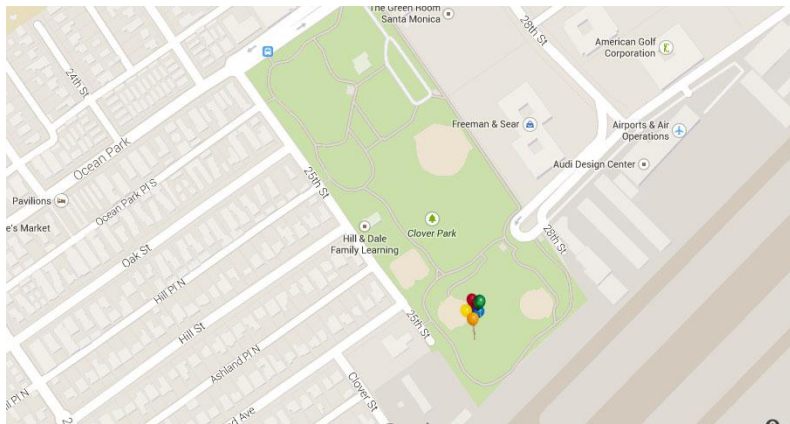
We know how joyful parenting a newborn can be!
We also know about the exhaustion, self-doubt and isolation.

Sometimes the best medicine is to get outside
with mothers like you to share your joys, concerns and just plain commiserate!

Every last Monday of the month the Joy in Birthing Foundation in collaboration with
Partnerships for Families at Saint John's Child and Family
Development Center will be offering a little
perspective in the park for new mothers and their babies

Doulas and Lactation help will be on hand to answer questions

Join us
Look for the balloons



Please join Teri Rawson, CPD, 10:00 -11:00 a.m. at Clover Park
2600 Ocean Park Blvd, in Santa Monica
for a walk, a talk and a lot of sharing and learning. Goody bags for all moms
rsvp: peaceofminddoula@gmail.com

Joy In Birthing Foundation

