

# Pregnant and Postpartum Support Group

Are you pregnant or parenting and suffering from symptoms of anxiety, depression, or stress? Have you been feeling sad, irritable, exhausted, sleepless or anxious? You are not alone.

This free group provides support, resources, a listening ear and a connection to other mothers and mothers-to-be experiencing similar feelings.

Groups will be meeting at the following locations on the designated days:

## **Mondays**

*Parkview Hospital*

Founder's Center

3865 Jackson St.,  
Riverside, CA 92503

**\*9-10:30 English\***

**\*11-12:30 Spanish\***

*Our Lady of Perpetual  
Help Catholic Church*

45-299 Deglet Noor  
Indio, CA 92201

## **Tuesdays**

*Lake Elsinore Family Care  
Center*

2499 E. Lakeshore Drive  
Lake Elsinore, CA 92530

*Hemet Family Care  
Center*

880 N. State Street,  
Hemet, CA 92543

## **Thursdays**

*Val Verde District-Red  
Maple School Site*

25100 Red Maple Lane  
Moreno Valley, CA 92551

*Palm Springs Family Care  
Center*

1515 North Sunrise Way  
Palm Springs, CA 92262

All groups are offered in English from 10-11:30 a.m.  
and in Spanish from 12-1:30 p.m. (except Parkview Hospital)  
Child Care is provided.

To enroll, call (951) 358-5438 or  
(951) 955-5328 to schedule a private orientation meeting.  
There is no charge to participate.

