# Mothers & Babies

We believe motherhood is more beautiful in community.

Our Mothers & Babies support group is designed for pregnant individuals and moms of little ones (ages 0-3), offering encouragement and connection throughout the postpartum journey. We focus on three key areas: increasing engagement in enjoyable activities, fostering healthier thought patterns, and strengthening social support.

#### PRENATAL

### POSTPARTUM

#### ADOPTIVE







## Monday Mornings 9:30am-11am November 10 - December 15

Tye Preston Memorial Library - 16311 S Access Rd - Canyon Lake 78133 For questions or to register, call 830-629-0659.







