

2021

In-person

New location  
as of 10/2021

# NAVIGATING MOTHERHOOD

New to the Upstate? Wanting social time? This is for you!

## About

A **FREE** gathering open to any mom with young children (infancy through preschool age) wanting to feel better, share experiences & connect with other moms. Each week an expert facilitator will share tools for coping and enhancing well-being while including time for socializing & supportive sharing (basically having some coffee while venting, enjoying socializing & getting some much needed self-care / support).

To allow for distancing, group size is limited and **pre-registration is required**.

For more information & to register visit  
[www.reproductivejourney.com](http://www.reproductivejourney.com)

## Just some of the goings on:



Socializing



Refreshment



Idea sharing



Self-Care

## WHEN & WHERE

Nectar Community  
219 W. Antrim Dr.  
Suite G

Greenville, SC 29607

EVERY Thursday  
7:00 PM - 8:30 PM

## COVID safety

Masks and distancing  
protocols are in place  
Please don't attend if you or  
a family member is unwell.

## About Us-

Reproductive Journey Counseling and Support is a group of relatable, expert women providers passionate about supporting women and couples. With specialty training (meaning we "get it") & comprehensive services our mission is to support & guide you from wherever you are to a place of awareness, possibilities and peace.

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