

2021  
In-person

# NAVIGATING MOTHERHOOD

Offered by: Reproductive Journey Counseling & Support

## ABOUT

This *FREE* gathering is open to any mom with young children (infancy to preschool age) wanting to feel better, connect and share experiences during the journey of motherhood. Each week a postpartum expert will highlight a specific topic and share tools for coping and healing while still allowing time for socializing and supportive sharing. Our goal is to give you a private, safe space to enhance your wellbeing and socialize with other moms who “get it.” Babies under 12 months are welcome.

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 topics:



Physical Changes



Sleep



Stress



Return to work

## WHEN & WHERE

Kroc Center  
424 Westfield Dr  
Greenville, SC 20601  
Conference Room 3A

EVERY Friday  
11:30 am - 1:00 pm

## COVID safety

Masks and distancing  
protocols are in place

## ABOUT US

Reproductive Journey Counseling and Support was founded to serve anyone struggling with their sexuality, infertility, pregnancy or postpartum distress, pregnancy or infant loss, traumatic childbirth, or adjustment to parenthood. We offer a variety of services including screenings, assessments, counseling, support groups, new parent workshops, coaching & professional speaking or training.

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