



NAVIGATING MOTHERHOOD

a support group for new and expecting moms



About the group

A **FREE** gathering open to any mom with young children 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 community & getting some much needed self-care/support).

To best accommodate your needs, **pre-registration is strongly encouraged.**

For more information & to register, visit
www.reproductivejourney.com/events

Just some of the goings on:



Socializing



Refreshment



Idea sharing



Self-Care

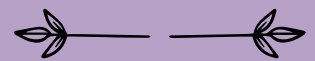
Sept 2023-May 2024

WHEN & WHERE

Every 1st Monday
10:30am -12:00pm

Nourish

Hwy 14 / Woodruff Rd



Every 3rd Thursday
7:00 pm- 8:30pm

RJ Office

Greenville, SC

Wellness Policy

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.

info@reproductivejourney.com

864.242.0005