



Nurtured Beginnings

A THERAPEUTIC
HEALING PROGRAM
FOR POSTPARTUM MOMS

Open to any new mom
in the Upstate of SC!

What & Who:

Nurtured Beginnings is tailored for **new moms** struggling with postpartum distress (basically you don't feel the way you expected). This group offers **six 90-minute sessions** (that's 9 hours of expert-guided support!) focused on your emotional well-being for the postpartum period and beyond. Led by an expert in perinatal mental health, each session provides a safe space for you to connect, learn, and thrive. Babies in arms welcome!

Where & When:

The group will be held in-person at 25 Woods Lake Rd Greenville, SC. Sessions are offered on **Wednesdays from 9:30am-11am** starting July 16th through August 20th.

Cost & Registration:

Registrants can secure a spot at a discounted price of \$250 when paid in full at registration, or opt for a flexible payment plan of **\$45** per week for 6 weeks.

With only 10 spots available, pre-registration is required to secure your space.

Registration closes on July 14th.

