

New schedule  
as of 8/2022:  
In-person every  
third Thursday of  
the month

# NAVIGATING MOTHERHOOD

New to the Upstate? Wanting social time? Join us!

## 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 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](http://www.reproductivejourney.com/events)

## 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 3RD Thursday  
7:00 PM - 8:30 PM

## Wellness Policy

Masks are optional

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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