

SANKOFA BIRTHWORKERS COLLECTIVE OF THE INLAND EMPIRE PRESENTS:

# Mama's Harambee

POSTPARTUM SUPPORT GROUP  
FOR ALL BLACK BIRTHERS & MOTHERS  
BABES IN ARMS WELCOME



DURING  
IN-PERSON SESSIONS

WE'LL HAVE:

- RAFFLES PRIZES
- REFRESHMENTS



EVERY WEDNESDAY

1ST & 3RD IN PERSON

2ND & 4TH VIRTUALLY

11:30 A.M.- 1:00 P.M.

EMAIL: [COMMUNITY@SANKOFABIRTHWORKERS.COM](mailto:COMMUNITY@SANKOFABIRTHWORKERS.COM)

FOR QUESTIONS



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- **BABES IN ARMS & PRE-WALKERS WELCOME**
- **SCAN THE QR CODE TO REGISTER**
- **VARIOUS TOPICS WILL BE DISCUSSED**
  - **SELF-CARE,**
  - **PERINATAL MOOD CHANGES,**
  - **ADJUSTING TO PARENTING,**
  - **RECONNECTING WITH YOUR PARTNER,**
  - **BUILDING COMMUNITY,**
  - **CONNECTING WITH W/OTHER PARENTS**



**EVERY WEDNESDAY**  
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**2ND & 4TH VIRTUALLY**  
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