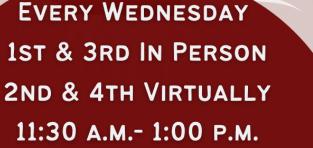
## SANKOFA BIRTHWORKERS COLLECTIVE OF THE INLAND EMPIRE PRESENTS:

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



DURING
IN-PERSON SESSIONS
WE'LL HAVE:

- RAFFLES PRIZES
- REFRESHMENTS



EMAIL: COMMUNITY@SANKOFABIRTHWORKERS.COM
FOR QUESTIONS







## and's Haramse BABES IN ARMS & PRE-WALKERS WELCOM

- 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** 1ST & 3RD IN PERSON 2ND & 4TH VIRTUALLY 11:30 A.M.- 1:00 P.M.

