

Topics

- Parenting skills
- Coping with COVID 19
- Stress management
- Keeping our mental health healthy
- Meditation
- More... 

Listening Hearts and Minds Support Groups

These are unusual times - how are you doing?

This is a safe place to talk

Virtual groups for pregnant and parenting women co-facilitated by experienced counselors

Tuesdays: 6:00pm

Preregistration required.

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