



MATERNAL WELLNESS POSTPARTUM SUPPORT GROUP

**INFANTS UNDER 1YR ARE
WELCOME TO ACCOMPANY THEIR MOMS**

June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				Carmel Valley 1:30-3:00p.m. Shelly Jaffe, LCSW
5	6	7	8	9
12	13	14	15	16
		San Marcos 10:00-11:30 2nd Floor Classroom A Meditation Group		Carmel Valley 1:30-3:00p.m. Meditation Linda Evans CNM
19	20	21	22	23
26	27	28	29	30

*1ST AND 3RD FRIDAY OF EACH MONTH WITH SHELLY JAFFE, LCSW
KAISER PERMANENTE CARMEL VALLEY 3851 SHAW RIDGE ROAD, 92130
SAND CONFERENCE ROOM, 1ST FLOOR
2ND WEDNESDAY OF EACH MONTH 400 CRAVEN RD SAN MARCOS, 92078
2ND FLOOR (BETWEEN BLDG. 3 AND 4)*

*PLEASE CALL TO RSVP CONTINUING CARE SERVICES (619)641-4456
OR OB GYN DEPT 1-800-290-5000*