

Maternal Wellness Support Groups



Are you struggling a bit with depression or anxiety as a new mother or during your pregnancy?

You are NOT alone!

Maternal Wellness Support Groups

Viewridge Kaiser Permanente

5251 Viewridge Court, San Diego, CA 92123

Tuesdays 10:30 – 11:30 a.m.

The Integrative Conference Room

San Marcos Kaiser Permanente

Meditation Group

400 Craven Rd., San Marcos, CA 92078

Wednesdays, 9:00 – 10:00 a.m.

2nd floor, Conference rooms

Infants under age of 1 year are welcome to accompany their moms

Please call for questions, no sign up necessary

Continuing Care Services (619) 641-4456

Facilitators: Shelly Jaffe, LCSW, and Linda Evans, CNM- San Marcos

Narine Babanyan, LCSW, and Shelly Jaffe, LCSW - Viewridge