

Maternal Wellness Perinatal and Post-Partum 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: Perinatal and Postpartum Support Groups

Carmel Valley Kaiser Permanente

3851 Shaw Ridge Rd, San Diego, CA 92130
1st and 3rd Fridays 1:30 – 3:00 p.m.
The Sand Conference Room, 1st floor

San Marcos Kaiser Permanente

400 Craven Rd., San Marcos, CA 92078
2nd Wednesdays, 10:00-11:30 a.m.
2nd floor (between Bldg. 3 and 4)

Starting in August

Viewridge Kaiser Permanente

5251 Viewridge Court, San Diego, CA 92123
2nd and 4th Tuesdays 10:30 – 11:30 a.m.
The Collaborate Conference Room

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

Please call for questions

Continuing Care Services (619) 641-4456

Facilitators: Shelly Jaffe, LCSW, Carmel Valley and San Marcos
Narine Babanyan, LCSW, Viewridge

<http://continuingcare-sandiego.kp.org>

