THRIVE THROUGH THE TRANSITION

PARTNERSHIP FOR MATERNAL & CHILD HEALTH OF NORTHERN NEW JERSEY



Returning to work after maternity leave can bring a mix of emotions. Join other moms for free support, connection, and practical tools to help you navigate this transition.Your village is here.

Topics Include:

- Managing mom guilt
- Building confidence
- Creating a support system
- Self-care and stress management

Led by: Cindy Aquino
Perinatal Mental Health and Support Specialist

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Beginning October 16
Every Friday | 10am | Virtual
Registration is required

REGISTER HERE