

Perinatal Mental Health Support Groups

CIRCLE OF HOPE

Mondays 10:00 am to 11:30 am

Red Bluff Community Center
1500 S. Jackson St., Red Bluff
Conference Room

Circle of Hope is a safe space to share how you are adjusting to parenting, stressors, Baby Blues, pregnancy depression/anxiety and much more. If you're pregnant or with a child under 12 months, this group is here to help support. Perinatal (pregnancy & postpartum) mood disorders, such as depression and anxiety, affect more than 20% of all women during and after pregnancy. Join us to share, feel safe and experience hope.

Laura Burlison, PMH-C, Marriage and Family Therapist Trainee
Jovita Garcia, Clinical Supervisor, Licensed Marriage and Family
Therapist #111004



Scan the code to sign
up or contact Laura
Burlison at
530-840-1124

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