

@SOMAHEARTANDMIND

FREE VIRTUAL PREGNANCY & POSTPARTUM GROUP!

Sponsored by

**POMONA VALLEY
HOSPITAL**



Facilitated by:

Nayeli Corona-Zitney,
LCSW, PMH-C.

 1st & 3rd Wednesdays

 12:30pm - 2pm

 **Request Zoom Link:**

nayeli@somaheartandmind.com

Topics: Pregnancy, postpartum, mood changes,
parenting, relationships, self-care, and more!



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SPANISH SPEAKING PREGNANCY & POSTPARTUM STRESS GROUP

Sponsored by

**POMONA VALLEY
HOSPITAL**



Facilitated by:

Nayeli Corona-Zitney,
LCSW, PMH-C.

 2nd Wednesday of the month

 12:30 pm - 2:00 pm

 **Request Zoom Link:**

nayeli@somaheartandmind.com



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