



▶▶ Service Area 7 Peer Resource Center Perinatal Support Group (Bilingual)

Every Second Wednesday of the Month, 1 – 2 PM

Meet other new moms, process all things perinatal, and learn coping skills to improve your mental wellness! Bring your baby, enjoy a healthy snack, and join a community of other moms! We provide a collaborative, perinatal-centered, strengths-based lens, with the goal of creating a safe space which facilitates growth, insight, and positive change.

Here are two ways to join:

Virtually on [Microsoft Teams Meeting](#)
or call 323.776.6996
Conference ID: 283 956 208#

In-person at SA 7 Peer Resource Center
6330 Rugby Ave., Suite 200
Huntington Park, CA 90255

This group is bilingual in English and Spanish. To register for in-person attendance or for more information, contact us at SA7PRC@dmh.lacounty.gov or call 323-705-5992.