



FAIRCHILD
MEDICAL CENTER

FREE CLASS



6PM – 7:30PM

This is a Multi-Course Class

2025

October 6
November 3

2026

January 5
February 2
March 2
April 6
May 4
June 1
July 6
August 3
September 7
October 5
November 2

POSTPARTUM MOTHER & BABY *Support Group*

Mothers with Infants 0-12 Months

Welcoming a new baby is a joyful yet often overwhelming experience, and no one should navigate it alone. Our Postpartum Mother and Baby Support Group offers a safe, supportive space where mothers can share their journeys, ask questions, and find encouragement during the early months of parenthood. Together, we'll explore maternal well-being, infant development, and practical strategies for balancing the challenges of recovery and new motherhood – all while building a community of understanding, connection, and care.

Topics Covered & More...

- Maternal Mental Health
- Taking Care of YOU
- Infant Development & Milestones
- Early Days of Breastfeeding
- Breastfeeding Changes
- Small Group Breakouts



Location: Yreka Clinic
475 Bruce Street, Yreka

Registration Suggested
Scan QR Code to Register
or call Ashleigh Luce at
530-842-4121, ext 6318



DIRECTIONS

- Classes will be held in the FMC Clinic Break Room across the street from the Hospital.
- Drive East on Bruce Street and turn left on Wendy Drive.
- Please park in the overflow parking off of Wendy Drive behind the clinic.
- Entrance to the FMC Break Room is located on the South side of the building across from the overflow parking.