



**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.

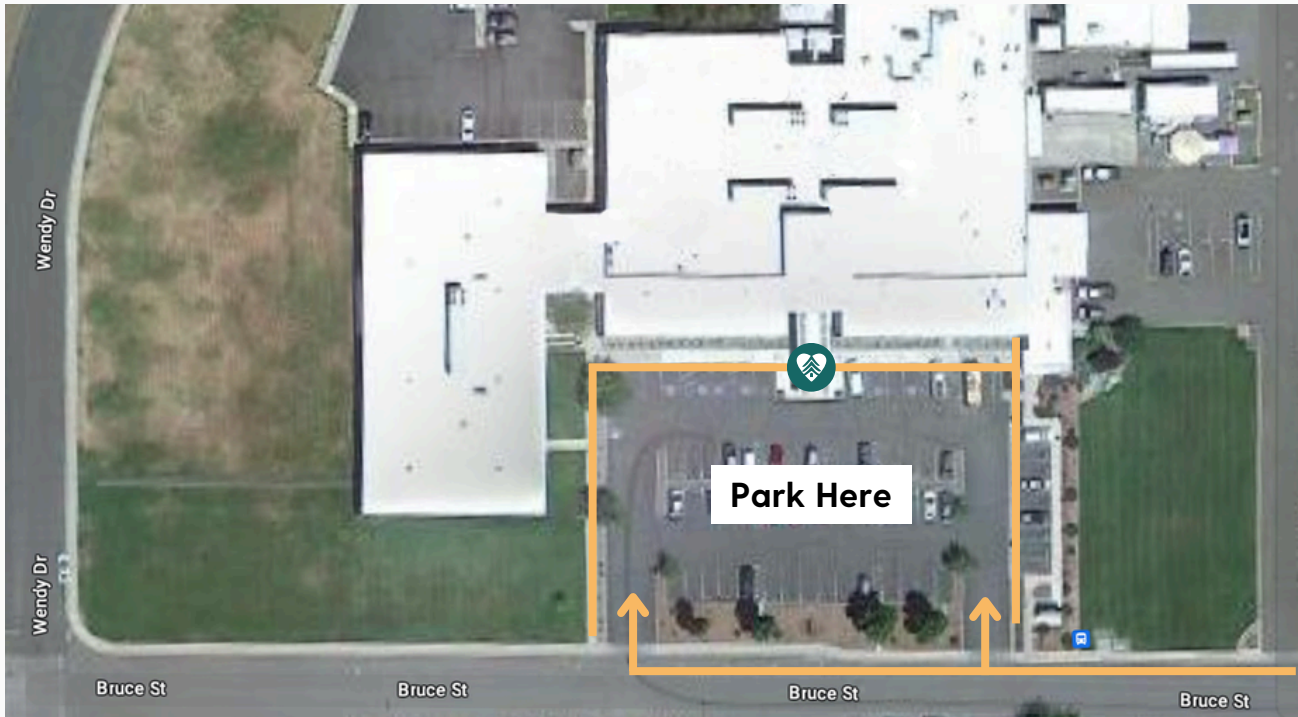
## Topics Covered & More...

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



**Location: FMC Hospital**  
444 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 Hospital Boardroom.
- Drive West on Bruce Street and park in the front entrance parking lot.
- Enter the Hospital through the front entrance and an Instructor will meet you at the Front Desk to escort you to the FMC Boardroom.

