



Postpartum Support Group - Online

Start date: 1/31/2023 10:00 AM

End date: 1/31/2023 11:30 AM

Our Virtual Postpartum Support Group, offered by Novant Health, is a free online support group for parents, up to 18 months postpartum. This peer led group is for any new parent looking to connect, discuss shared experiences and feelings, and voice concerns surrounding this uncharted world of parenting. In this confidential support group, the goal is to connect, feel heard, and leave with helpful tools and resources.

We meet via Zoom every other Monday evening at 7:00 pm - 8:30 pm and every other Tuesday morning from 10:00 am - 11:30 am. You are welcome to join any time (using your computer, tablet or phone) that meets your needs.

Registration: Required. To register for group or for details, please contact: childbirtheeducation@novanthealth.org.

Cost: This class is free.

Location: This event is online. Upon registering, you will be sent a link to our online environment.

Questions? Please call 336-718-7000 or email childbirtheeducation@novanthealth.org for

Event location:

Winston-Salem