

# CHERISHED Mom Support Groups



"Peer Support is a natural way of supporting our peers through difficult times by sharing experiences and being able to say... 'I've been there'"

-Unknown

**Join us!**

[www.cherishedmom.org](http://www.cherishedmom.org)



CHERISHED Mom

## **Perinatal Support**

*In Person*

Every other Monday 6pm EST  
*on hold due to COVID, stay tuned for updates!*

*Virtual*

Tuesdays at 11am EST  
*beginning October 5th*

## **NICU Support**

1st Monday @ 5:30pm EST

## **Perinatal Grief & Loss**

Final Friday @ 4pm EST  
*Next group begins October 29th!*