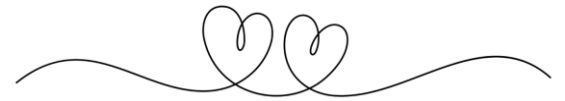


A SUPPORT GROUP
FOR PARENTS AND CAREGIVERS OF BABIES



Nurture Together



Facilitated by

Chelsy Marriott

BS, CD/PCD(DONA), CLC

- Do you have a baby between birth-12 months?
- Would information about raising children be helpful?
- Are you feeling overwhelmed or isolated while postpartum?

In this twice monthly gathering, caregivers will learn ways to improve the well-being of themselves and their babies. Caregivers will meet other parents who are going through similar highs and lows while parenting a newborn. Conversations will be open forum with some facilitator-led discussions on important child-rearing and post-partum topics. These groups help promote community and reduce isolation. **Snacks, child care, and activities for children are provided.**
No cost for participants.

September through December

1st Tuesdays

10:00am to 11:15am

(Sept 5, Oct 3, Nov 7, & Dec 5)

3rd Tuesdays

6:00pm to 7:15pm

(Sept 19, Oct 17, Nov 21, & Dec 19)

Location: Yreka Community Resource Center, 201 S. Broadway, Yreka

**RSVP is needed for child care assistance
and appreciated for planning; drop-in is available.**

Sign-up by calling 530.842.1313 or e-mailing pmycrc@yahoo.com

Chelsy Marriott is a full-spectrum doula and lactation counselor and has a bachelor's degree in human and child development. She provides hands-on support to mothers before, during, and after birth and offers science-based education in the community on a wide variety of perinatal topics. Chelsy is a mother of 4 young children herself and values supporting new mothers and parents as they transition to life with an infant.

