

# TENDER BEGINNINGS

## NEW MOMS GROUP

MONDAYS, 1:00-3:00 PM  
STARTING MARCH 16TH-APRIL 20TH

954 N. Old Stage Road  
Mount Shasta CA, 96067

This New Moms Group provides a safe and welcoming space for pregnant and postpartum mothers to connect, build community, and nurture meaningful relationships with their babies and one another. Grounded in evidence-based practices and a holistic approach to maternal and infant well-being, gatherings focus on strengthening secure caregiver-child attachments through supportive conversation, shared experiences, gentle education, and simple connection-based activities. Come as you are, find encouragement, and grow confidence alongside other mothers in a caring community that supports healthy development and strong family protective factors.



CO-Facilitated by Ysabel Uribe, BS Nutrition consultant, Holistic chef, and the heart behind Lumina Doula.

Join us to nourish your body with good food and your heart with meaningful connection, support, and community during the early days of motherhood.

Co-Facilitated by Meranda Schnack, MSED Doula, Certified Wellness coach, First 5 Playgroup Facilitator Quality Counts Siskiyou Coach, and ECE Instructor at COS

To RSVP by phone, call 530.918.7222.

REGISTER HERE >

