

TENDER BEGINNINGS

NEW MOMS GROUP

EVERY OTHER MONDAY
BEGINNING APRIL 30TH - JUNE 29TH

 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 >](#)





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VALUES & GUIDELINES



Judgment-Free Zone

This is a judgment-free space. Every parent and every baby is different. We all have different choices, experiences, and challenges, and we honor that here.

Respect & Kindness

We speak to one another with kindness and respect. Advice can be helpful, but we try to share from our own experiences rather than telling others what they should do.

Confidentiality

What is shared here stays here. This helps everyone feel comfortable being open and honest.

Everyone Gets a Voice

Everyone is welcome to share, but no one is required to. Listening is just as valuable as speaking.

Come As You Are

Some days your baby might cry, you might be tired, or you might feel overwhelmed. Please come exactly as you are—no pressure for perfection.

Babies/ kids Are Welcome to Be Babies/kids

Babies can cry, nurse, wiggle, and move around. That's all part of the experience here.

