


TENDER BEGINNINGS

NEW MOMS GROUP

EVERY OTHER MONDAY 1-3PM
BEGINNING MAY 11TH - JUNE 22ND

 HeartBloom Yoga Studio
5905 Sacramento Ave, Dunsmuir

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 >](#)

