



BALANCE AFTER BIRTH

A MOM AND BABY GROUP

EVERY FRIDAY 10-11:30 (beginning Dec 4th)

We welcome you to join our community of women where we:

- Connect and build real community with other moms.
- Share all our feelings of joy and sadness, love and loss.
- Share the hard and real parts of parenting within a community of women that understand.
- Join us while you are pregnant and build your community.

FOR ALL MOMS

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FEDERAL WAY WIC,
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CHI FRANCISCAN HEALTH

33431 13th Pl S, Federal Way, WA 98003

We meet in the main conference room.

Please contact Kate Lindberg for more info:
kate@yourguidinghands.com 206-427-4692
For more info about groups near you please
visit perinatalsupport.org

