

Alameda County Health
BLUE SKIES MENTAL WELLNESS

MOM TO MOM SUPPORT GROUP

FREE Support Group
for Alameda County Moms Who Are Pregnant
or Have Babies 0-12 Months Old



Fridays

August 22 - October 10, 2025



10:30 am - 12:00 pm

Join our Mom to Mom Support Group to set healthy goals, prioritize self-care, build supportive connections, strengthen mom-baby bonds, and learn to manage depression and anxiety.



**Optional in person or
Zoom with Camera On**

Participation and survey completion are required to earn your certificate and group incentives.

In person attendees receive lunch and childcare for baby and children under 5, space permitting.

REGISTRATION REQUIRED

Use URL link or scan QR Code to access registration form.



WWW tinyurl.com/Mom-to-Mom-August-2025

**For information contact:
Tameko Jones, LCSW**



510-618-2083



SUPPORT GROUP

Facilitated by Angela Polk, LMFT 109463
For Alameda County Residents only



**Public Health
Department**
Alameda County Health



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