

Mom to Mom SUPPORT GROUP

♥
You're not alone. We're in this together.



Wednesdays
October 14 -
December 16, 2026



12:00 PM - 2:00 PM

Join our Mom to Mom Support Group!
Set healthy goals, build supportive
connections, strengthen mom-baby
bonds, and learn skills to manage
depression and anxiety.

*FREE for Alameda County moms who are
pregnant or have babies ages 0–12 months.*



**Optional in person or
Zoom with camera on.**

Participation and surveys
required for certificates
and incentives.

Lunch and childcare for
in-person attendees
(under 5), space permitting.

REGISTRATION REQUIRED

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

tinyurl.com/Mom-to-Mom-Oct-14-2026



Support Group facilitator:
Angela Polk, LMFT
510-775-5872



**Public Health
Department**
Alameda County Health

Starting Out Strong

Partnering with families for healthy babies and communities

