

Mom to Mom SUPPORT GROUP

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



Fridays
June 26 - August 28, 2026



10:30 AM - 12:30 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. **FREE** support group for moms who are pregnant or have babies 0-12 months old.



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.

Support Group facilitated by Angela Polk, LMFT 109436
For Alameda County Residents only

REGISTRATION REQUIRED

Use URL link or scan QR Code to access registration form.
tinyurl.com/Mom-to-Mom-June-26-2026



For more information contact:
Tameko Jones, LCSW
510-618-2083



**Public Health
Department**
Alameda County Health

Starting Out Strong
Partnering with families for healthy babies and communities

