



Join us for ***A Mother's Sanctuary***
Postpartum Support Group

Hosted by North Houston Birth Center

Date : August 4, 2017 Time: 12pm-1pm

1st Friday of every month

Cost: Free * Children Are Welcome

Location: North Houston Birth center

7007 North Freeway # 435 Houston, TX 77076

713-699-4211

* Conversations and support about motherhood

* Connect with other moms

* Discuss and address issues related to anxiety and depression about parenting

* Get information about seeking professional help (if needed) ,
accessing networks of support , and establishing healthy habits for
self-care