Bearing Hope

A group where pregnant women can connect, learn, and find support as they navigate the sometimes complex path toward motherhood.

Pregnancy is often idealized as a purely joyful period in a woman’s life, yet 50-80% experience sadness, irritability, anxiety, worry, fear, and hopelessness.

Join us as we bear hope for a brighter beginning to motherhood.

Please contact the Healthy Expectations Program for additional information:

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