

# Embrace the JOURNEY *Perinatal* Support Group

*Navigating and Embracing the Journey of  
Motherhood with Compassion and Connection*

**Second Wednesday  
of Each Month  
12:30-1:30 p.m.**

**ACS Annex  
40th Street, Building 39109  
(Behind Fort Eisenhower Main Exchange)**

**For Families with children age 0-3 years old**  
Register no later than 2 days before each event

Pregnancy, childbirth, and taking care of babies is a journey! Let New Parent Support walk with you on your journey to help you to feel well-prepared, confident, and supported during this important life transition. Join us in a safe and supportive space where mothers who are expecting and postpartum can share their experiences, find encouragement, and build lasting connections.

**For more Info or to Register:  
706-791-3579**

