



## Weekly on Tuesdays!

10:00 - 11:30 am

**COST:** \$20 per class

or

10-class pass for \$180  
(for \$18 per session value)

## LOCATION

Talk-a-While  
Child & Family Therapy Center  
2577 Samaritan Drive, Ste 715  
San Jose, CA 95124  
(408) 962-9267

WEBSITE:  
[www.talkawhile.org](http://www.talkawhile.org)

EMAIL:  
[info@talkawhile.org](mailto:info@talkawhile.org)



## NEW MOTHERS SUPPORT GROUP

*Connect, Unplug, and Share*

A safe and non-judgmental space for moms to gather and share, ask, and grow together! The group is for parents with babies up to the age of 7-8 months (prior to crawling). Most babies come with mom but if your little one is elsewhere you are welcome to come.

Top reasons moms join this group:

- Enjoy a cup of coffee/tea and have conversations with other adults!
- Form friendships and develop new playgroups with those in the local area.
- It is a valuable lifeline for new mothers, where education, resources, and skill building are offered on various issues including sleep, eating, breastfeeding, family, and healthcare.

The small groups are facilitated and guided by Jane Hendry, BS, IBCLC, CCE who has been supporting women for the last 13 years. Now she will support you as a New Mom!

Jane's professional experience is quite impressive! She first served as a doula, and is now an International Board Certified Lactation Consultant and Certified Childbirth Educator. She currently provides childbirth preparation, breastfeeding, and newborn care classes to parents-to-be at Los Olivos Women's Medical Group. She also has extensive experience facilitating new moms groups.

**Moms, you are welcome to feed your baby during the group!**