

Group to Support Your Pregnancy



Center for Family Development is offering a group for pregnant parents. This is an important time for you and your baby, and taking care of your emotional well-being will have positive and long-term effects on both you and your family!

Group Content:

- Support for healthy communication
- Stress management
- Healthy bonding with your baby
- Information about pregnancy and baby development
- Strategies for paying attention to your mood

**For group schedule,
please contact our office at:
(541) 342-8437**



Center *for*
Family Development

Serving the community since 1991