

Baby Bump and Beyond- Peer Support Group

Collaboration between HBHS and YWCA WISH

January 9, 2018- March 27, 2018

Every Tuesdays at 1-2:30 PM

Topics

1. Positive Discipline- January 9th and January 16th
2. Stress/ Anger Management- January 23rd and 30th
3. Nutrition/ Health and Wellbeing- February 6th and 13th
4. Emotional Intelligence- February 20th and 27th
5. STD/STI and Sexual Health- March 6th and 13th
6. Healthy Relationships/ IPV- March 20th and 27th

*group is an open therefore clients can attend as often as their schedule allows