



Maternal-Child Health Education, Training,  
Consultation & Support

Web: [motherbabysupport.net](http://motherbabysupport.net)

Email: [Inquiry@motherbabysupport.net](mailto:Inquiry@motherbabysupport.net)

**PREGNANT OR A NEW MOM?**

# Motherwit Circle: A Mother's Support Group

**MOTHERWIT:**

The knowledge and skill required for the care of babies and young children; example: courses in Mothercraft for prospective mothers.

**MEETS FRIDAYS 1:30-2:30 PM  
ON ZOOM**

**SUGGESTED DONATION \$10-\$20  
FREE FOR MEDI-CAL  
PAY AT: [HTTPS://PAYPAL.ME/AWMNH](https://paypal.me/awmnh)**

**RSVP TO  
[LISA.MEJIA@MOTHERBABYSUPPORT.NET](mailto:LISA.MEJIA@MOTHERBABYSUPPORT.NET)  
(626) 388-2191 EXT. 2**



Lisa Mejia, CPD

*This group is intended for expectant and new mothers which incorporates mindfulness, art therapy, social support and discussion. Co-facilitated by two Postpartum Doulas, Lisa Mejia and Joana Allis, this group will focus on intellectual preparation and emotional well-being of women during pregnancy and new motherhood.*



Joana Allis, CPD