

Covid Concerns: New Moms

Led By: Francesca
Crisis Counselor

April
5th, 12th,
19th, &
26th
@ 5pm

Join Zoom Meeting @5pm:
Meeting ID: 924 1878 2664
Passcode: 176505



Join Our Virtual Support Group

What We Will Discuss:

- Open discussion identifying key concerns of becoming a new mom during a pandemic
- Identifying key self-care techniques to reduce stress



**The New Jersey Hope and Healing Crisis Counseling Program (CCP) is provided by Catholic Charities, Archdiocese of Newark; Catholic Charities, Diocese of Metuchen; Catholic Charities, Diocese of Paterson; and Catholic Charities, Diocese of Trenton, in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services (Disaster and Terrorism Branch) and funded through a FEMA/SAMHSA grant.