



JOIN OUR

SUPPORT GROUP

for mamas

You Were Never Meant To Mother Alone.

Our support groups are designed to meet you where you are, whether you are preparing for birth, navigating postpartum, or needing space to rest and reconnect. Each group is facilitated by trained leaders and grounded in culturally responsive care.

WHAT WE OFFER

- ✓ Expecting Together
- ✓ Rooted After Birth
- ✓ Soulful Rest

WHAT TO EXPECT

- Small group sessions
- Facilitated, supportive conversations
- Culturally grounded care
- Virtual and accessible
- Limited spots for each group

REGISTER NOW

www.blackgirlsmhc.org/support-group





Expecting TOGETHER

A support group for expecting Mamas

Join a supportive virtual space designed just for Black mothers-to-be. Connect, reflect, and prepare for birth in a circle where your story is seen and your voice is valued.

**EVERY WEDNESDAY
6:00 PM - 7:00PM**

WHAT TO EXPECT

- ✓ Connection with other Black mothers
- ✓ Real talk on the joys + challenges of pregnancy
- ✓ Practical self-care & advocacy tools
- ✓ Weekly gift card giveaways

REGISTER NOW

www.blackgirlsmhc.org/expecting-together



after

ROOTED birth

Join a drop-in virtual circle created for Black moms in their first year after birth. Connect, rest, reflect — your seat is waiting.

**EVERY MONDAY AND THURSDAY
6:00–7:00 PM**

LED BY PERINATAL SUPPORT SPECIALIST

WHAT TO EXPECT

- ✓ Real talk & reflection on early motherhood
- ✓ Practical tools for rest & self-care
- ✓ Space to process cultural expectations
- ✓ Connection with other Black mamas
- ✓ Weekly giveaways to bring joy



REGISTER NOW

www.blackgirlsmhc.org/rooted-after-birth



Soulful REST

A SELF-CARE CIRCLE FOR BLACK MOTHERS

A Weekly Virtual Space to Breathe, Reflect & Reclaim You

**EVERY WEDNESDAY AND FRIDAY
10 AM AND 1 PM**

LED BY PERINATAL SUPPORT SPECIALIST

WHAT TO EXPECT

- ✓ Honest conversations with other mamas
- ✓ Space to process stress, fatigue, and mental load
- ✓ Breathwork + grounding practices
- ✓ Weekly gift card giveaways

REGISTER NOW

www.blackgirlsmhc.org/soulful-rest

