



# FOOTSTEPS for NEW MOMS

A support group where mothers are mothered.

Is having a new baby  
different from how you  
thought it would be?

You are not alone.

The birth of a baby can be an enormous adjustment and often presents challenges for a new mother and her family. For many women the schedule and demands of motherhood can be overwhelming.

Come join  
a community of support.

7 pm on the 2nd Monday of each month.

For more information, please contact BirthGirlz at [michelle@birthgirlz.com](mailto:michelle@birthgirlz.com) or call 786-704-8328.

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