

2nd and 4th Thursday of each month

Time: 9:30—11 a.m.

# From Me to We

## Parent Support Group

Please join us as we discuss how to adjust to the new little life in your family. From tips on siblings, basic infant care, strategies for coping, to supporting families dealing with postpartum depression. We discuss what is important to YOU. Feel free to bring your baby, partner, family member, or friend.

**Metro Health Hospital**  
**5900 Byron Center Ave. SW**  
**Childbirth Center -2nd level**

Support Group Info at  
(616) 828.1021

  
**MomsBloom**

*Live*  
**healthy.**

COMMUNITY OUTREACH PROGRAMS

 **MetroHealth**

