

# Postpartum and Need Support?

Bellevue Woman's Center  
Offers a Free Support Group  
*Healing After Baby*

Acknowledge the joys and challenges of new motherhood, guided by themes of self-compassion, mindfulness, and radical acceptance.

This peer support session ensures **you're not alone**, provides insight and connection, and offers resources for clinical support if needed.

Visit **BellevueDelivers.com** or scan the QR code to sign up



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