

## SANTA CRUZ COUNTY VIRTUAL PARENT SUPPORT GROUPS

Monday	Tuesday	Wednesday	Thursday
<p><b>Sutter Maternity</b> Postpartum Wellness Group 10:00-11:30am Call 831-477-2229 for log-in Santa Cruz County Moms only</p>	<p><b>Sutter Maternity</b> New Parent Support Group 10:00-11:30am Babies 0-9mo Call 831-477-2229 for log-in</p>	<p><b>Dignity-Dominican Hospital</b> New Mom's Support Group 11:30am-1:00pm  Call 831-457-7099 for more information Email for Zoom Link: <a href="mailto:Journey@Dancingbirth.com">Journey@Dancingbirth.com</a> Hosted by: Journey Talkovic, RN, CNM, WHNP</p>	<p><b>Luma Yoga</b> Mom &amp; Baby Circle 12:00-1:20pm Call 831-325-2620 or visit <a href="http://lumayoga.com">lumayoga.com</a> for more info</p>
	<p><b>New Parent Support Group</b> 1:00-2:30pm Babies 0-1yr Email <a href="mailto:Beththedoula@gmail.com">Beththedoula@gmail.com</a> for Zoom link</p>	<p><b>Dignity-Dominican Hospital</b> Prenatal Support Group 5:30-7:00 pm Call 831-457-7099 or visit <a href="http://dignityhealth.org/dominican/pep">dignityhealth.org/dominican/pep</a> to register</p>	
	<p><b>Taking Care of Mama</b> Pregnant &amp; New Mom Support 2:00-2:45pm Call (415) 544-2395 or Email <a href="mailto:Barbara.Sheehy@DignityHealth.org">Barbara.Sheehy@DignityHealth.org</a> for meeting link</p>		
	<p><b>Cuidando de la Mamá</b> Spanish Pregnant &amp; New Mom Support 1:00-1:45 pm Call (310) 590-5088 <a href="mailto:kkmmcardoza@gmail.com">kkmmcardoza@gmail.com</a></p>		
	<p><b>Dignity-Dominican Hospital</b> Prenatal Support Group 5:30-7:00 pm Call 831-457-7099 or visit <a href="http://dignityhealth.org/dominican/pep">dignityhealth.org/dominican/pep</a> to register</p>		

Updated 7/21/2020