

# New Mom Support Group

TVP is excited to announce a new support group available to mothers of our patients!

The group will meet virtually *every other Tuesday from 10-11am*, upcoming groups will be held on:

**March 15<sup>th</sup>**

**March 29<sup>th</sup>**

**April 12<sup>th</sup>**

**April 26<sup>th</sup>**

**May 10<sup>th</sup>**

**May 24<sup>th</sup>**

Register online by going to the [TVP website](#) or scanning the QR code below. Once registered, you will receive a zoom link via e-mail prior to each group meeting.

The group will be led by Crystal McCown, LCSW and Dr. Alina Boelman.

We hope this will be a space to meet other moms, work through challenges unique to new motherhood and also celebrate the joys of becoming a parent. We hope to see you there!

