

BLACK MAMAS CIRCLE



**FORM SOCIAL
CONNECTIONS WITH
BLACK MOTHERS**

**RECIEVE SUPPORT
FROM A PEER MENTOR
MOTHER**

**ACCESS TO COMMUNITY
SERVICES, MENTAL
HEALTH THERAPY AND
MEDICATION**

REFERRALS AS NEEDED

A free peer-to-peer support group where pregnant and postpartum Black mothers connect, learn and increase well-being through shared experiences.

EVERY THURSDAY 5:30-6:30 PM

VIRTUAL

EVERY MONDAY 1:30-2:30 PM

IN-PERSON

*To Register Call Women's Behavioral Health and Wellness:
303-724-1646*



**WOMEN'S BEHAVIORAL
HEALTH AND WELLNESS**

WBHW@CUANSCHUTZ.EDU