

New Mothers' Support Group

Are you feeling sad, irritable, extremely exhausted, or anxious?

You are not alone.

Join a weekly support group with other new mothers.

Find support from others who are going through similar feelings and situations. This group provides support, resources, and a listening ear.

Groups will be meeting in Rubidoux, Perris and Temecula.

To enroll, call (951) 358-5438 or (951) 955-5328 to schedule a private orientation meeting.

There is no charge to participate.

Childcare provided.

Support Groups in English and Spanish.



New Mothers' Support Group Referral Form

Is your client feeling sad, irritable, extremely exhausted, or anxious? Refer your client to join a weekly support group with other mothers who are going through similar feelings and situations.

This free group provides support, resources, and a listening ear.

Support Groups are offered in English and Spanish and are available in Rubidoux, Perris, Temecula, Hemet, Desert Hot Springs and Indio.
Childcare provided.

Please fax referral form to the Public Health Nursing at 951-955-5329.

CLIENT INFORMATION

Name: _____ DOB: _____

Address: _____ City, Zip code _____

Phone # _____ Alternate Phone # _____

Pregnant: | Yes | No How many children and ages? _____

Comments: _____

REFERRAL SOURCE INFORMATION

Agency: _____

Address: _____

Phone #: _____ Fax #: _____

Completed by: _____ Date _____

Reply Requested: | Yes | No

Any questions, please call Public Health Nursing at 951-358-5438/ 951-955-5328.

