

# Postpartum Support Virginia

Hope and help for new mothers

*You are not alone. You are not to blame. With help you will be well.*



## Support Groups on the Peninsula via ZOOM:

### **Bon Secours Mary Immaculate**

*1st and 3rd Tuesdays from 1:00-2:30 pm*

Contact : [MaryImmaculate@postpartumva.org](mailto:MaryImmaculate@postpartumva.org)

Registration link:

<https://zoom.us/meeting/register/tJAod-igrjgoH9LocsObHVw7okGaPPcxkuOJ>

### **Military Moms (Langley)**

*1st & 3rd Fridays from 1400-1530*

Contact: [Langley@postpartumva.org](mailto:Langley@postpartumva.org)

Registration link:

[https://zoom.us/meeting/register/tJMqduqprj4oE9WUGj3IMUzKSgRw\\_\\_cLPkLj](https://zoom.us/meeting/register/tJMqduqprj4oE9WUGj3IMUzKSgRw__cLPkLj)

### **Breastfeeding Group (Riverside)**

*2nd & 4th Tuesdays from 6:00-7:30 pm*

Contact: [Riverside@postpartumva.org](mailto:Riverside@postpartumva.org)

Registration link:

<https://zoom.us/meeting/register/tJEvduigqD8uGtRGkKC3dm0oQ-WqOTy2Polu>

### **Sentara Careplex**

*1st & 3rd Tuesdays from 6:30-8:00 pm*

Contact: [Hampton@postpartumva.org](mailto:Hampton@postpartumva.org)

Registration link:

<https://zoom.us/meeting/register/tJYof-mpqDotEt15Z3QjTI9sNzU2ILIWwMtj>

*Open to all mothers living in Virginia regardless of the age of their child/children.  
NO RSVP REQUIRED. No groups on major holidays.*



RIVERSIDE



SENTARA®