

Barton offers group support for new moms

Mommy and Me is a new support support group offered through Barton University.

New mothers and their babies (up to the age of 1 year) are invited to attend a weekly support group to share experiences and discuss the joys and challenges of parenting, and get support from other mothers as well as professional support from a childbirth instructor and guest speakers.

Speakers and topics will vary week to week.

The sessions begin Sept. 22 and will be weekly from 10am-noon at 1077B 4th St., South Lake Tahoe.

For more information, contact Krista Carson at 530.600.1958 or emailkcarson@bartonhealth.org.