

Support group available for new moms

Barton Health's Mommy and Me Support Group is now offered two days a week.

New mothers and their babies up to age 1 are invited to attend a weekly support group to share experiences and discuss the joys and challenges of parenting. This is an opportunity to get support from other mothers as well as professional support from a childbirth instructor and guest speakers. Speakers and topics vary week to week.

The sessions are Tuesday from 10am-noon and Thursdays from 2-4pm. They are at Barton University, 1077B 4th St., South Lake Tahoe.

For more information, contact Bridget Demaree at 530.543.5549 or bdemaree@bartonhealth.org.