

Iwona Gerner, LGPC, FBMT, *The Journey Counseling, LLC.*,
Meghan Murphy, LCSW-C, *Kindred Tree Healing Center*
& *The Birthing Circle* are proud to support:

Embrace

Pregnancy and Postpartum Support Group

*Creating wellness, hope and connection
for people going through the adjustment to parenthood,
experiencing emotional and mental health challenges
during the pregnancy or postpartum.*

FREE

**First Saturday of the Month
9:45 – 11:15 am**

We meet at: Healing Circles Wellness Center
10 N. Jefferson Street, Suite 203
Frederick, MD.21701

More info contact:

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