

Are you feeling overwhelmed, depressed, or alone?

Join us for C.A.R.E. Class

- ◆ Are you pregnant or have you had a baby within the last two years and just don't feel like 'yourself' anymore?
- ◆ Do you feel sad, anxious, angry, or just generally unhappy?

And ...

- ◆ Would you like to learn helpful ways of coping with these feelings?
- ◆ Are you interested in learning more about bonding with your baby?

When: Every Tuesday* starting on October 3, 2017
(Dates & time subject to change)

Time: 3:00 – 4:30 p.m. *Please reserve your spot
by Monday!

Where: WIC Office, 1670 Market St. #300,
Redding, CA 96001
(HHS Placer Conference Room)



Healthy snack food will be
provided and childcare is
available.

To reserve your spot, please call:

(530) 229-8042

Location, date, and times are subject to change.
Please call to confirm.

C.A.R.E. is empowering **C**aring, **A**mazing, **R**esilient, **E**xceptional women.



Health and Human
Services Agency

