

# NAVIGATING THE TRANSITION: BACK TO WORK AFTER MATERNITY LEAVE

FREE VIRTUAL SUPPORT GROUP FOR NEW MOMS

2nd & 4th Tuesday of the Month  
12pm - 1pm

**Connect** with fellow new moms to discuss the physically and emotionally challenging transition of going back to work after maternity leave.

- **Learn strategies** for planning ahead and seeking support.
- **Empower yourself** to smoothly navigate this transformative phase in life.



**To Join:**  
Email [Kstern@cjfhc.org](mailto:Kstern@cjfhc.org)

Facilitated by Karen Stern BS-OT, ICBD  
PMAD Health Educator  
Pregnancy & Postpartum Wellness Program

