

Postpartum Support

Plumas District Hospital Postpartum Support

Open support group. Members can join at any time. 1.5 hour sessions, every other Thursday 4:30-6:00 pm. The goal of this group is to create a supportive and understanding environment where new mothers can connect with others who are going through similar experiences, share advice, and find emotional support. Lap child or breastfed babies can attend, space is limited. Childcare is not provided.

Virtual option offered.

Learn More and
Sign up for FREE



Postpartum
Warning Signs



Postpartum Conversation
Guide for Parents



Postpartum
Mindfulness Exercises



Postpartum Period
Handouts

