LOWER HUDSON VALLEY PERINATAL NETWORK

INVITES YOU TO JOIN US IN THE JOURNEY TO PARENTHOOD

MARCH 9 - JUNE 1

VIRTUAL

SPACE IS LIMITED!

EVIDENCE-BASED PROGRAM

MARCH 9 - JUNE 1

TUESDAYS 2:00pm - 3:30pm

ENGLISH CONTACT: 845-288-3445 or 845-288-3202
SPANISH CONTACT: 845-859-0568 or 914-249-9809

Take a deeper look into yourself as a parent and as a person

Begin to nurture yourself as you nurture your child

Overcome challenging situations

845-288-3202

or 914-249-9809