

# 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.



**1st Session:  
January 9, 2024**

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

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

