



Rafiki
COALITION



BLACK MAMAS' WELLNESS GROUP

A Weekly Support Group for Black Mothers

Has motherhood ever felt like a mountain to climb? If so, join our mom's wellness group.

Our **Black Mamas' Wellness Group** is a FREE weekly support group that provides Black mothers with a nurturing, caring, supportive circle of mothers, mental health education, and therapeutic activities.

This program combines fellowship and mental health support and is dedicated to helping expecting, new, and experienced moms navigate the joys and challenges of parenting.

The group aims to help mothers prioritize their well-being on the beautiful journey of motherhood and learn how to support their children's mental health as well.

This group is led by Pia Odom, Associate Marriage & Family Therapist #150656.



Pia Odom

Associate Marriage & Family
Therapist #150656

Space is Limited. Please register by contacting Pia Odom at podom@rafikicoalition.org or (415) 471-0371.

Please contact bewell@rafikicoalition.org for more information.

**WEEKLY ON
TUESDAYS FROM
6:00-8:00 PM**

*501 Cesar Chavez, San
Francisco, CA, 94124*