



*Just when life with a baby  
starts to feel  
out of control...*

# Mother Baby PEP Talks

PEP Talks is a support group for mothers of new babies. PEP stands for Postpartum Emotion with Possibilities, and the hour is spent celebrating your successes and finding solutions for your challenges. The focus is on YOU, the mom. We'll provide the laughter, refreshments and experience of other moms who have "been there."

**Meets Every Thursday at 4PM**

in our new location (effective July 1, 2010)

**Center for Holistic Healing**

(near the intersection of NC68 & US311 Bypass)

1623 York Avenue, #103, High Point

Admission is FREE! Babies are welcome!

Call 336-812-3937 for more info.

**Spend an hour at PEP Talks! The dishes can wait!**