



# ROSE Support Group

**Are you pregnant and interested in learning about ways to reduce stress?**

## **Who can participate?**

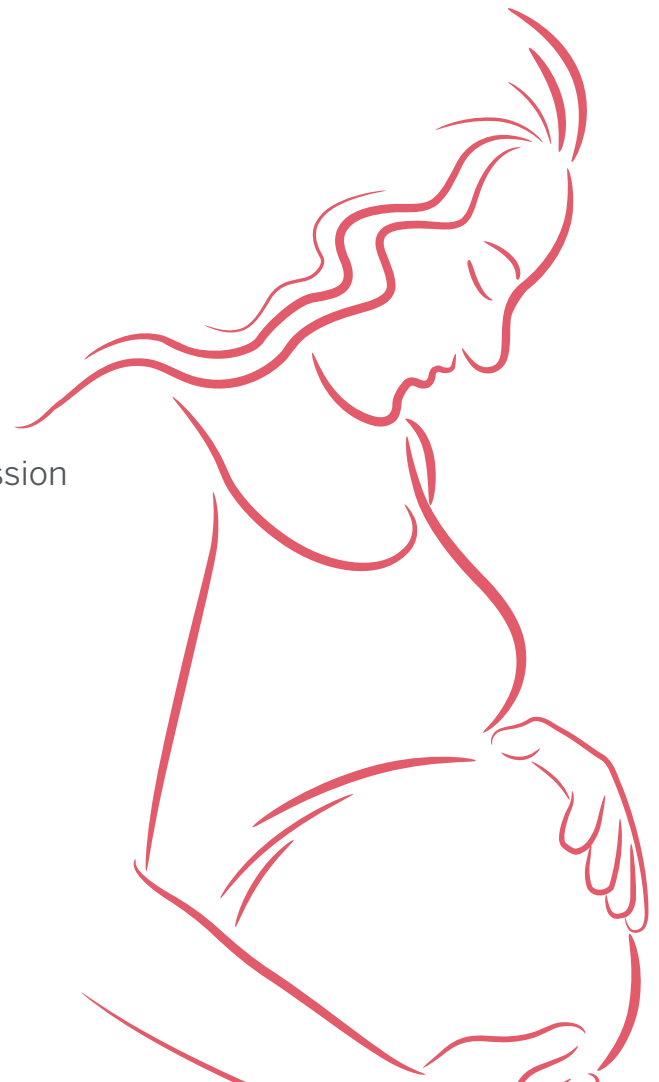
- Pregnant (2nd Trimester)
- 18 years or older
- Speak and understand English or Spanish

## **Where is it?**

- Six Virtual Sessions and one postpartum session

## **In ROSE you will learn about:**

- Effective communication skills
- Ways to reduce stress
- Developing a social support network



**For more information, please contact:**

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