

Los Robles Hospital & Medical Center and the City of Thousand Oaks Library present...

Conversations with Mom

For mothers with babies 0-6 months old

Tuesdays, December 5, 12, 19 • 9:00-10:15am
and every Tuesday at the same time starting in January!

Grant R. Brimhall Library • Marvin E. Smith Community Room

1401 E. Janss Road, Thousand Oaks, California 91362

(Before Library hours - Participants should enter at the Main Library entrance.)

This free, ongoing group is an opportunity for moms and their newborns to get together in a relaxed environment to express the joys and concerns of being a new mother. This support group covers a variety of topics, offering the opportunity to meet new moms in the community, and provides a place to ask questions and get information. The group is facilitated by Licensed Marriage and Family Therapist, Kimberly Zevallos (Lic. #80021) of Counseling Conejo Valley.

Drop-ins are welcome and no sign-up is required. Call 818-639-2254 for more information.

