

Post-Partum Support Group Educational Materials

Dear [Recipient's Name],

We are excited to provide you with our educational materials focused on post-partum care. As part of our ongoing support group initiatives, these resources aim to empower new mothers during their transition into motherhood.

Included Materials:

- Understanding Post-Partum Depression
- Self-Care Tips for New Mothers
- Breastfeeding Support and Resources
- Infant Care Basics
- Community Resources and Helplines

Please review the materials at your leisure. We encourage you to bring any questions or concerns to our next support group meeting on [Date] at [Time].

Thank you for being a part of our community. We are here to support you every step of the way.

Warm regards,

[Your Name]

[Your Position]

[Organization Name]

[Contact Information]