



IT'S ABOUT
YOU!

LOWER HUDSON VALLEY PERINATAL NETWORK

INVITES YOU TO JOIN US IN THE JOURNEY TO PARENTHOOD



PARENTING JOURNEY

We help build stronger families.



Take a deeper look into yourself
as a parent and as a person

Begin to nurture yourself as you
nurture your child

Overcome
challenging
situations

**VIRTUAL
SPACE IS LIMITED!**

MARCH 9 - JUNE 1

**EVIDENCE-BASED
PROGRAM**

TUESDAYS 2:00pm - 3:30pm

ENGLISH CONTACT: 845-288-3445 or 845-288-3202

SPANISH CONTACT: 845-859-0568 or 914-249-9809

**CLICK
TO
REGISTER**