





Momma Bears is a free 90-minute recovery support group for moms who are pregnant and/or post partum and struggling with their mental health.

Momma Bears is led by moms who have also experienced these struggles.

Every 1st & 3rd Tuesday @ 7 pm on Zoom



To register for this group reach out to info@naminepa.org or 570-342-1047

This meeting is brought to our community through a collaboration between NAMI Northeast Region PA and NAMI Beaver County PA and will be co-hosted by the two affiliates.