



HOLDING SPACE

MATERNAL HEALTH RESOURCE EXPO

A FREE Community Event for Mamas & Families

You're invited to the **Holding Space Maternal Health Resource Expo**, a welcoming, mama-centered space created to help you connect, learn and feel supported during pregnancy, postpartum and beyond.

What you'll find at the Expo:

- » Maternal mental health resources (pregnancy + postpartum)
- » Connections to pregnancy & infant loss support
- » Family-centered services from trusted community partners
- » Wellness tools, encouragement, and real connection
- » Refreshing wellness activities, including meditation and yoga sessions
- » Resources to help families navigate systems of care—without feeling alone

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9 AM - 1 PM
Hilton Jackson
1001 E Countyline Rd
Jackson, MS 39211

Registration required to attend. Register for FREE at:
[Holding-Space-for-Mamas.Eventbrite.com](https://www.eventbrite.com/holding-space-for-mamas)



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letstalk@therapyplusllc.org // 601.790.0040

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