

# Bearing Hope

*A group where pregnant women can connect, learn, and find support as they navigate the sometimes complex path toward motherhood.*



**Pregnancy is often idealized as a purely joyful period in a woman's life, yet 50-80% experience sadness, irritability, anxiety, worry, fear, and hopelessness.**

**Join us as we bear hope for a brighter beginning to motherhood.**

*Please contact the Healthy Expectations Program for additional information:*

*(303) 864-5252*

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