Weekly Support Group and Monthly Class Descriptions

**Peer Support Group**

(weekly)

Facilitated by a licensed mental health therapist and an International Board-Certified Lactation Consultant addresses breastfeeding challenges and provides practical solutions. The group also introduces various programs and resources available, offering individual consultations or therapeutic sessions as needed. Participants receive a comprehensive overview of both sides of our programs while building a peer support network for ongoing encouragement and assistance.

**Mindfulness Class and Support Group**

(once a month)

Our Mindfulness Class and Support Group offers a comprehensive approach to well-being through a variety of practices. The program includes yoga, breathing exercises, somatic therapy, sound bowls, meditation, and more. Participants can engage in journaling, creating gratitude lists, coloring, drawing, and art therapy. Additionally, the group explores the creation of vision boards to support personal growth and goal setting. Each month features a different theme and is led by a licensed therapist, an International Board-Certified Lactation Consultant, and professionals from other disciplines.

**Navigating Emotions During Pregnancy Class and Support Group**

(once a month)

Our support group, Navigating Emotions During Pregnancy, provides a safe and nurturing space for expectant mothers to explore and manage their emotions throughout their pregnancy journey. Facilitated by experienced mental health professionals, the group offers support and guidance on coping with the emotional highs and lows of pregnancy. Participants will engage in discussions, mindfulness exercises, and various therapeutic activities designed to foster emotional well-being, resilience, and a sense of community. Each session aims to provide practical tools and a supportive network to help mothers-to-be navigate the unique challenges and joys of pregnancy.

**Welcome Home! Support Group**

(once a month)

Our Welcome Home! Peer Support Group provides a supportive and safe environment for partners and siblings adjusting to life with a new baby. This class offers guidance on how to support both the mother and the baby, fostering a sense of teamwork and family unity. Participants will share experiences, discuss challenges, and explore practical ways to contribute to the well-being of the entire family during this exciting transition.

**"Your New Normal" Class and Support Group**

(once a month)

Our support group is dedicated to navigating the journey through postpartum experiences, breastfeeding challenges, mental health awareness, and beyond. We offer a safe space to explore the diverse aspects of postpartum life, providing valuable insights on recognizing symptoms, developing coping strategies, and embracing the joys and complexities of new motherhood. Our resources encompass a variety of topics related to postpartum well-being, ensuring that every new mother finds the knowledge and support she needs to thrive during this transformative time.

**Baby Basics**

(once a month)

Welcome to "Baby Basics," your essential guide to mastering the fundamentals of newborn care. Here, we empower parents with professional insights and practical advice on diapering techniques, ensuring your little one stays comfortable and clean. We provide comprehensive feeding instructions, covering everything from breastfeeding to bottle-feeding, and emphasize safety protocols to create a secure environment for your baby. Whether you're a first-time parent or looking to refresh your skills, join our supportive community to gain confidence in nurturing your newborn with care and confidence.