



Northwest Indiana Center *for* Maternal Wellness

Summer 2024

www.nwimaternalwellness.com

Peer Support Groups – Free!

Mom Chat: Pregnancy & Postpartum Support – in person
June 13th, July 11th, August 8th @ 10am

Pregnancy & Infant Loss Support – virtual – text for link
June 27th, July 25th, August 22nd @ 10am

Warmline - 219.742.4149

Questions about Postpartum Depression?
Looking for a therapist or peer support?
Not sure where to begin? Call/text us
today! We will get back to you within 48
hours and do our best to connect you with
the support you need.

The SHARE Journey - FREE Peer Support

Connect with one of our Peer Mentors and receive the support you need during pregnancy and postpartum. You will receive Support, Hope, Assessment, Referrals and Education to empower YOU to be your own mental health advocate. Reach out today for more info!

Wellness Chats

Do you have questions about pregnancy or postpartum?
We are here to help! Wellness Chats are a 15-30 minute phone call with one of our volunteers. You choose the topic – we provide the support! Sign up today!

Monthly Open House

Join us for coffee and community! Chat with other moms and learn about different NWI resources.

June 8th, July 13th, August 10th
10am – Noon

Postpartum Planning Workshop

Join us for a free virtual workshop to chat all things postpartum and get connected to the resources you need.
June 20th, July 31st, August 28th @ 7-8pm

Summer Park Playdates: June 6th & 24th, July 15th & 29th (Parks & times vary – Text for more info!)

Flourishing Box Packing Party w/ANEW Ministries: June 27th 6-8pm @ the Center

Birth Story Sharing Circle: July 10th 6-8pm @ the Center

Don't forget to sign up for the email newsletter on our website! www.nwimaternalwellness.com

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Need more info? Call or Text 219.742.4149