



Northwest Indiana Center *for* Maternal Wellness

Spring 2026

www.nwimaternalwellness.com

Peer Support Groups – Text for Link!

Feeling overwhelmed with motherhood? Struggling to get through the day? We are here to help! Join us for our monthly support group and receive hope and encouragement. You do not have to walk through motherhood alone!

Mom Chat: Pregnancy & Postpartum Peer Support – virtual
March 12th, April 9th, May 14th @ 10-11am

Warmline - 219.742.4149

Questions about Postpartum Depression?
Looking for a therapist or peer support?
Not sure where to begin? Call or 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 – 1:1 Peer Support

Connect with one of our Peer Mentors and receive the support you need during your pregnancy, postpartum, or perinatal loss journey. This free one-month texting support program is available for any Northwest Indiana mom and provides Support, Hope, Assessment, Referrals and Education to empower YOU to be your own mental health advocate. Reach out today for more info or to be paired with a mentor. We are here to help!

Spring Playdates!

Join us for music, story time and crafts at the Center!

March 18th, April 8th, May 13th @ 10am

Little Scouts Play Café - CP

March 25th & May 20th @ 12-2pm

Little Harts Play Café-Dyer

April 15th @ 1-3pm

Registration Required for Play Cafés
Text 219.742.4149 to sign up!

Motherhood 101: March 6th @1pm (Lullaby Project), April 16th @Noon (Hoosier Breast Friend), May 7th @Noon (Next Chapter Doula) – Join us for a virtual Lunch & Learn!

Birth Story Sharing Circle: March 19th @ at 7pm (virtual)

Yoga for Mom: April 24th @5pm (virtual) & 6pm at Divine Yoga in LaPorte (Limited Space!)

Moms on a Mission Community Event: May 12th 6-7:30pm @ Crown Point Library

138 S. Main St., Suite 200, Crown Point, IN

info@nwimaternalwellness.com

Need more info or a virtual link? Text 219.742.4149