



# Northwest Indiana Center *for* Maternal Wellness

Spring 2024

[www.nwimaternalwellness.com](http://www.nwimaternalwellness.com)

## **Peer Support Groups – Free!**

*Mom Chat: Pregnancy & Postpartum Support – in person*  
March 14<sup>th</sup>, April 11<sup>th</sup>, May 9<sup>th</sup> @ 10am

*Pregnancy & Infant Loss Support – virtual – text for link*  
March 28<sup>th</sup>, April 25<sup>th</sup>, May 23<sup>rd</sup> @ 11am

## **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!

## **NWI Maternal Mental Health**

### **Community Facebook Group**

Are you looking for a safe space to chat about motherhood and mental health? A place to connect with other NWI moms and learn about different resources? Join us today!

## **Monthly Open House**

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

March 9<sup>th</sup>, April 13<sup>th</sup>, May 11<sup>th</sup>  
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.

April 24<sup>th</sup> & May 29<sup>th</sup> @ 7-8pm

**Save the Date!** - Join us for our 8<sup>th</sup> Annual Climb on Saturday, June 22<sup>nd</sup> at 10am at Lemon Lake County Park! Interested in volunteering at the Climb? We need your help! Join us for a virtual call-out meeting on March 18<sup>th</sup> at 7pm. Text 219-742-4149 for the meeting link.

**Don't forget! Sign up for our new email newsletter at [www.nwimaternalwellness.com](http://www.nwimaternalwellness.com) today!**

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