



Northwest Indiana Center *for* Maternal Wellness

Fall 2026

www.nwimaternalwellness.com

Peer Support Groups – Sign up online!

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
September 10th, October 8th, November 12th @ 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!

Fall Park Playdates!

September 25th - Valparaiso

October 16th – St. John

November 4th - Hobart

See Facebook or Website for location!

Play Café Playdates!

Sept 30th- 10:30am & Nov 20th - 1pm
(Little Harts, Dyer)

Oct 28th - 1pm (Little Scouts, CP)

Registration Required for Play Cafés

Intro to Maternal Mental Health Training: September 10th @ 12-1:30pm (virtual)

Motherhood 101 Lunch & Learn: Sept 18th @ Noon (PCAIN: Prevent Child Abuse-Indiana), Oct 14th @ Noon (Three20 Recovery), Nov 11th @ Noon (ANEW) (virtual)

Additional Mom Chat Peer Support Groups: Sept 24th & Nov 19th at 12-1pm (virtual)

2nd Annual Hope Walk: October 3rd at 10am, Lemon Lake County Park

Mindfulness for Moms: October 22nd @ 12-1pm (virtual)

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

info@nwimaternalwellness.com

Sign up for events online! www.nwimaternalwellness.com