



## MARCH OF DIMES LEADS THE FIGHT FOR THE HEALTH OF ALL MOMS AND BABIES

**SUPPORT**

# SUPPORTIVE PREGNANCY VIRTUAL GROUPS



Join an informative, interactive group via Zoom to connect with other moms-to-be and new moms.

Group sessions will be held every Thursday, beginning **June 4**. Each session will be an hour long, with an optional 30 minutes for questions and conversation at the end. You can join via phone or video call. Group sessions will not replace your medical care and other prenatal education, but will allow you to come together with others to learn, laugh, relieve stress, share and feel supported!

## REGISTER SOON!

Groups will be limited in size so everyone can get to know each other.

[Please click here to register for a session](#) or scan the QR code below. Your group will depend on how far along you are.

- First & Second Trimester Supportive Pregnancy Virtual Group: 15 weekly sessions from **June 4 to September 10** at 9:00 a.m. CST/10:00 a.m. EST
- Third Trimester & Postpartum Supportive Pregnancy Virtual Group: 10 weekly sessions from **June 4 to August 6** at 3:00 p.m. CST/4:00 p.m. EST

You'll meet expert session leaders and guest speakers, learn stress management techniques, feel empowered and enjoy time to share and learn from one another!

Once registered, you'll receive a confirmation email with instructions on how to join the Zoom meetings and access the complementary educational resources via Becoming a Mom Online.

## TOPICS

- COVID-19 and Pregnancy
- Prenatal Care + Genetic Testing
- Nutrition
- Relationships and Stress Management
- Chronic Conditions + Preterm Labor
- Harmful Substances
- Infection Prevention
- Labor and Birth
- Family Planning
- Postpartum Care
- Breastfeeding
- Parenting and Newborn Care
- Development + Pregnancy Discomforts

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