

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

## SUPPORTIVE PREGNANCY VIRTUAL GROUPS



Join an informative, interactive group via Zoom that will help you connect with other people who are pregnant and due about the same time you are. There is also a postpartum group for those who have recently had their baby, and there is also a group in Spanish.

Group sessions will be held every Thursday, beginning April 23<sup>rd</sup>, 2020. Each session will be an hour long, with thirty minutes for questions and conversations after the session. You can join via phone or video call. Group sessions will not replace your medical care and other prenatal education, but will give you a time to come together with others to learn a little, laugh a little, relieve stress, share with one another, and feel supported!

Groups will be limited to 15 people. The deadline for registration is April 20<sup>th</sup> (5 PM Central).

[Please click here to register for a session.](#) Your group will depend on how far along you are in your pregnancy or your preferred language:

- First Trimester Supportive Pregnancy Virtual Group: 15 weekly sessions from April 23<sup>rd</sup> to July 30<sup>th</sup>
- Second Trimester Supportive Pregnancy Virtual Group : 15 weekly sessions from April 23<sup>rd</sup> to July 30<sup>th</sup>
- Third Trimester Supportive Pregnancy Virtual Group: 10 weekly sessions from April 23<sup>rd</sup> to June 25<sup>th</sup>
- Postpartum Supportive Pregnancy Virtual Group: 5 weekly sessions from April 23<sup>rd</sup> to May 21<sup>st</sup>
- Spanish Supportive Pregnancy Virtual Group: 15 weekly sessions from April 23<sup>rd</sup> to July 30<sup>th</sup>

Once registered, you will receive a confirmation email that will provide additional details on how to join the zoom meeting for each of your Supportive Pregnancy Virtual Group sessions. The confirmation email will also provide instructions on how to access the complementary educational resources via Becoming a Mom Online.

### TOPICS

- Introduction to Supportive Pregnancy Virtual Groups + COVID-19 & 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