



# Northwest Indiana Center *for* Maternal Wellness

Spring 2025

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

## **Peer Support Groups – Text for Link!**

*Mom Chat: Postpartum Peer Support – virtual*

March 13<sup>th</sup>, April 10<sup>th</sup>, May 8<sup>th</sup> @ 10am

*Mom Chat: Prenatal Peer Support + Yoga - virtual*

March 18<sup>th</sup>, April 15<sup>th</sup>, May 22<sup>nd</sup> @ 9:30am

*Mom Chat: NICU Peer Support – virtual*

March 21<sup>st</sup>, April 25<sup>th</sup>, May 30<sup>th</sup> @ 1pm

## **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 mom who is struggling and not sure how to find the help she needs. The SHARE Journey 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!

## **Mommy & Me Playdates**

March 19<sup>th</sup>, April 9<sup>th</sup>, May 28<sup>th</sup> 10am  
Babies & toddlers welcome. Join us  
at the Center for story time & music!

## **Little Harts Play Café-Dyer**

March 26<sup>th</sup> 8:30-10:30am

April 24<sup>th</sup> 3-5pm

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## **The SHARE Journey – 1:1 Peer Support**

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## **Mommy & Me Playdates**

March 19<sup>th</sup>, April 9<sup>th</sup>, May 28<sup>th</sup> 10am  
Babies & toddlers welcome. Join us  
at the Center for story time & music!

## **Little Harts Play Café-Dyer**

March 26<sup>th</sup> 8:30-10:30am

April 24<sup>th</sup> 3-5pm

May 21<sup>st</sup> 8:30-10:30am

Registration Required – Text

219.742.4149 to sign up today!

**Music for Moms:** March 15<sup>th</sup> & April 12<sup>th</sup> at Noon – Looking for a creative outlet? Join us!

**Birth Story Sharing Circle:** April 15<sup>th</sup> @ 7pm (virtual) Come share your story!

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**Good Moms Have Scary Thoughts Book Club:** Wednesdays in the FB Community Group

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

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# Northwest Indiana Center *for* Maternal Wellness

Spring 2025

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

## **Peer Support Groups – Text for Link!**

*Mom Chat: Postpartum Peer Support – virtual*

March 13<sup>th</sup>, April 10<sup>th</sup>, May 8<sup>th</sup> @ 10am

*Mom Chat: Prenatal Peer Support + Yoga - virtual*

March 18<sup>th</sup>, April 15<sup>th</sup>, May 22<sup>nd</sup> @ 9:30am

*Mom Chat: NICU Peer Support – virtual*

March 21<sup>st</sup>, April 25<sup>th</sup>, May 30<sup>th</sup> @ 1pm

## **Warmline - 219.742.4149**

Questions about Postpartum Depression?  
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