

Parenting Support Groups— New Ways to Connect



Breastfeeding Support Group

Thursdays | 10 – 11:15 am

Moms will enjoy a wonderful opportunity to virtually meet other breastfeeding mothers, share tips for success and engage in guided discussions led by an experienced educator.

If you have any questions, please call our Lactation Consultants at 317.688.2680 or email eharkess@iuhealth.org.

Mother Connection Support Group

Tuesdays | 12 – 1:30 pm

This unique opportunity is for postpartum mothers to connect virtually. Different topics are discussed at each meeting.

For more information, please call the IU Health Childbirth Education office at 317.688.2465 or email clove@iuhealth.org.

Postpartum Support Group

Mondays | 10 am – 12 pm

Thursdays | 6:30 – 8 pm

Did you know that Perinatal Mood and Anxiety Disorders affect one out of five women? This group is for pregnant and postpartum moms struggling with emotional changes.

Registration is required for this virtual group. If you are interested in attending, please call Tracey McInnes at 317.962.8191.

Toddler Time Support Group

Tuesdays | 10 – 11:30 am

This is a virtual support group for parents and toddlers (ages one to three years). This gives mothers the opportunity to meet other moms and discuss topics relating to raising a happy and healthy toddler.

For more information, please call the IU Health Childbirth Education office at 317.688.2465 or email clove@iuhealth.org.



North Hospital

iuhealth.org/north