



Lean In

Pregnancy & Postpartum Support Group

When: Jan. 6, Feb. 3, March 2, April 6, May 4, June 1, July 6, Aug. 3, Aug. 31, Oct. 5, Nov. 2, Dec. 7

Time: 2 – 3 p.m.

Where: Olson Center, Fourth Floor, Education Room

What is it?

- Anyone wanting to increase their support systems.
- Pregnant or parenting women experiencing depression, anxiety or other mood concerns.
- Anyone experiencing life or parenting stressors.
- A safe and supportive environment to share thoughts and concerns, and learn new coping techniques.

Who it is for? Any expecting mother or mother with a child under 12 months. Partners and support persons are also welcome to join.

Cost: FREE! No registration required. Participate as often as you desire.

Group Leaders: Facilitated by Olson Center Licensed Social Workers

Questions: Please contact Amanda at 402.559.5352 or Bailey at 402.559.7540