



Lean In

Pregnancy & Postpartum Support Group

2024 Schedule

When: Jan. 8, Feb. 5, March 4, April 1, May 6, June 3, July 1, Aug. 5, Sept. 9, Oct. 7, Nov. 4, Dec. 2

Time: 2 – 3 p.m. **Where:** Olson Center Classroom | Zoom option available

For the Zoom option, please email Amanda Schraut amschraut@nebraskamed.com and a link will be sent prior to the meeting.

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

NebraskaMed.com/Olson-Center
402.559.4500

