



# Lean In

## Pregnancy & Postpartum Support Group

### 2025 Schedule

**When:** Jan. 8, Feb. 12, March 12, April 9, May 14, June 11, July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10

**Time:** 2:30 – 3:30 p.m.

*This group meets through Zoom only. Please email Amanda Schraut [amschraut@nebraskamed.com](mailto: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

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**402.559.4500**

