




MOTHERHOOD – THE POSTPARTUM EXPERIENCE

The Birth Center at CentraCare – Monticello is here to support you and your new baby as you learn and grow together.

Join the Birth Center's virtual group, Motherhood – The Postpartum Experience, to hear evidence-based information, explore helpful community resources, talk with professionals and experts, and chat with other moms. Motherhood – The Postpartum Experience is a free resource designed specifically for moms during their baby's first year.

Motherhood – The Postpartum Experience meets virtually twice a month on Thursdays from 11 a.m. to noon. Meetings include 30 minutes of education presented by community professionals and 30 minutes of open conversation facilitated by a licensed mental health professional.

Motherhood – The Postpartum Experience is hosted by Healing Moments Counseling and CentraCare – Monticello and is funded by donations through CentraCare – Monticello Foundation.



Encouragement,
education, and
support – without
leaving your home!

For more information or to join Motherhood – The Postpartum Experience, email Info@healingmomentscounseling.com. Each new participant receives a Welcome pack filled with helpful information and local resources.