



"Let us become
your hope in the
midst of
darkness"

- Jessica Wade

www.MightyLittleGiants.org



**MIGHTY
LITTLE
GIANTS**



MISSION

Our Mission is to bridge the gap for our families' needs by becoming the light at the end of a tunnel of darkness.

SUPPORT

Leading by experience, our goal is to give the MLG families rest, peace and education. We offer craft & conversation sessions implementing art as a form of therapy, peer-to-peer mentoring, life after the NICU support and so much more!

CONTACT US

For additional information on our programs please check our our website at www.MightyLittleGiants.org. If you or someone you know is in need, please contact us by email at info@mightylittlegiants.org or call us at (213) 590-4859

 @MightyLittleGiants  Mighty Little Giants

ABOUT US

Mighty LITTLE Giants is an organization that provides support, education and hope for mothers and fathers experiencing pre-term deliveries. Our mission is to bridge the gap for our families, and become their light in a dark season. In addition to the NICU / NICCU support services, we also support our families with monthly events, peer - to - peer mentoring , emergency financial support, and life AFTER the NICU life skills.





MIGHTY LITTLE GIANTS



Life After the NICU Support Program

Our Life after the NICU/ NICCU Support Program is where we all come together and just be. We discuss the reality of what it looks like to transition from a controlled environment in the NICU, to creating your new normal at home. Some topics of discussion are (*not limited to*) :

- Lactation Education
- Postpartum NICU Doula Services
- Creating your New Normal
- Postpartum Depression
- Staying connected to your partner
- The importance of taking a break "Me Time"
- Protecting your peace
- Parenting Skills
- Anxiety
- Fear of socializing ... and so much more!

Visit www.MightyLittleGiants.org to join our Lifer After the NICU Program , or scan the QR code!



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ABOUT US

Mighty LITTLE Giants, Inc is a National 501 (c)(3) Non - Profit Organization that provides support, education and hope for mothers and fathers experiencing preterm deliveries. Our mission is to bridge the gap for our families, and become their light in a dark season. If you, or if you know of a NICU family in need, please visit our website at www.mightylittlegiants.org

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