



**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!



 @MightyLittleGiants  Mighty Little Giants

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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