

The Maternal and Infant Health Team of the St. Joseph County Department of Health is pleased to offer

FREE MATERNAL HEALTH CLASSES

2025 Series



WEEKLY EDUCATION CLASSES

Every Tuesday, 5-6:15pm

Topics include: nutrition, safe sleep, maternal mental health, managing preexisting conditions, and more.

POSTPARTUM PEER SUPPORT GROUP

2nd and 4th Tuesdays, 6:30-7:30pm

A safe, welcoming space for women to openly discuss life after childbirth.

**INCENTIVES
PROVIDED FOR
PARTICIPATION!**

CLASS LOCATION:
The Beacon Resource Center
4210 Lincoln Way W.
South Bend, IN 46628

FOR MORE INFORMATION:
📞 (574)-235-9750 Opt. 8
🌐 <https://redcap.link/sjcember>

