



ST. JOSEPH COUNTY
DEPARTMENT OF HEALTH
Prevent. Promote. Protect.

St. Joseph County Department of Health

"Promoting physical and mental health and facilitating the prevention of disease, injury and disability for all St. Joseph County residents"

FOR IMMEDIATE RELEASE
January 27, 2026

CONTACT: Jenny Parcell
(574) 235-9750, Ext. 7904

St. Joseph County Department of Health is expanding the EMBER program.

*The St. Joseph County Department of Health is expanding the reach of our **EMBER** program (**E**mpowering **M**oms and **B**abies through **E**ducation and **R**esilience). To better serve our community, our maternal health classes and postpartum support groups are **now available online and feature live translation**. By moving these sessions to a virtual format, we are removing major barriers like transportation and childcare and improving access for parents.*

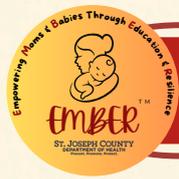
Program Highlights:

- **When:** Every Thursday at 5:30 PM, beginning **February 5th**.
- **Topics:** We've partnered with local physicians and subject matter experts to cover critical topics like safe sleep, breastfeeding, and maternal mental health.
- **Support for All:** Open to women at all stages of pregnancy, as well as fathers and support persons.
- **The Goal:** This initiative is a direct effort to support positive birth outcomes and build a community of support for mothers, fathers, and support persons.

We would appreciate your help in sharing this updated resource with your audience. I have attached the advertising flyer and registration link: <https://redcap.link/sjcember>.

Interview Opportunity: *Our team is available for interviews to discuss how this transition to online multilingual learning is a game-changer for local maternal health.*

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CLASS SCHEDULE



	Topic	Facilitators
Feb 5	Healthy Starts: Before, During, & Between Pregnancies	Sandi Pontius , Tobacco Education Coordinator, Smoke Free St. Joe
Feb 12*	Preparing for Labor & Birth	Kelli Brien, IBCLC , Birth & Postpartum Doula, Certified Lactation Specialist, Lamaze Certified Childbirth Educator
Feb 19	Mom's & Baby's Appointments and Immunizations	Karen D. Davis, MD
Feb 26*	Eating Well & Staying Active: Pregnancy to Postpartum	Maternal/Infant Health Team, SJCDoH
Mar 5	Navigating Postpartum Recovery	Quisha Jordan, RN , Maternal Infant Health Coordinator, SJCDoH
Mar 12*	Maternal Mental Health & Self-Care	Becki Fulmer, MA , Program Manager, The William J Shaw Center for Children and Families Lisa B. Kelly, LCSW, MPH , Executive Director, Mental Health Awareness of Michiana
Mar 19	Body Changes & Early Oral Health	Mark Shafer, DDS, MPH , Family Dentist, Bittersweet Road Family Dentists
Mar 26*	Creating a Safe Home for Baby	Dr. Cindy Stanton , Family Physician, Southwestern Medical Clinic Sandi Pontius , Tobacco Education Coordinator, Smoke Free St. Joe Jessica Dilling , Environmental Health Specialist, SJCDoH Becki Fulmer, MA , Program Manager, The William J Shaw Center for Children and Families
Apr 2	Infant and Toddler Car Seat Safety	Dr. Cindy Stanton , Family Physician, Southwestern Medical Clinic Maternal/Infant Health Team, SJCDoH
Apr 9*	Breastfeeding & Baby Care Basics	Kelli Brien , Birth & Postpartum Doula, Certified Lactation Specialist, Lamaze Certified Childbirth Educator Maternal/Infant Health Team, SJCDoH
Apr 16	Gestational Diabetes & High Blood Pressure in Pregnancy	Lauren Dietz Gorski
Apr 23*	Pregnancy Complications & Warning Signs	Quisha Jordan, RN , Maternal Infant Health Coordinator, SJCDoH
Apr 30	Giving Your Baby Room to Breathe	Maternal/Infant Health Team, SJCDoH

All classes run 5:30-6:30pm.

**Peer support group offered every 2nd and 4th Thursday from 6:30-7:30pm.*

FOR MORE INFORMATION:

 (574)-235-9750 Opt. 8

 <https://redcap.link/sjcember>

Participants must register in advance.

Scan the QR code or visit the link to register! →





HORARIO DE CLASES



	Tema	Facilitadora
5 de febrero	Comienzos saludables: antes, durante y entre embarazos	Sandi Pontius , Coordinadora de Educación sobre el Tabaco, Smoke Free St. Joe, es el nombre del proyecto
12 de febrero*	Preparación para el parto y el nacimiento	Kelli Brien , Doula de Nacimiento y Postparto, Especialista Certificada en Lactancia, Educadora Certificada en Parto Lamaze
19 de febrero	Citas y vacunas para mamás y bebés	Karen D. Davis, MD
26 de febrero*	Comer bien y mantenerse activo: Del embarazo al posparto	Equipo de Salud Materno/Infantil de SJCDoH
5 de marzo	Cómo navegar la recuperación posparto	Quisha Jordan, RN , Coordinadora de Salud Materno-Infantil, SJCDoH
12 de marzo*	Salud mental materna y cuidado personal	Becki Fulmer, MA , Directora de Programas, Centro William J. Shaw para Niños y Familias Lisa B. Kelly, LCSW, MPH , Directora Ejecutiva, Concientización sobre Salud Mental de Michiana
19 de marzo	Cambios corporales y salud bucal temprana	Mark Shafer, DDS, MPH , Odontólogo Familiar, Bittersweet Road Family Dentists
26 de marzo*	Creando un hogar seguro para el bebé	Dr. Cindy Stanton , Médico de Medicina Familiar, Southwestern Medical Clinic Sandi Pontius , Coordinadora de Educación sobre el Tabaco, Smoke Free St. Joe Jessica Dilling , Especialista en Salud Ambiental, Unidad Ambiental del Departamento de Salud del Condado de St. Joseph Becki Fulmer, MA , Directora de Programas, Centro William J. Shaw para Niños y Familias
2 de abril	Seguridad de los asientos de seguridad para bebés y niños pequeños	Dr. Cindy Stanton , Médico de Medicina Familiar, Southwestern Medical Clinic Equipo de Salud Materno/Infantil de SJCDoH
9 de abril*	Conceptos básicos sobre la lactancia materna y el cuidado del bebé	Kelli Brien , Doula de Nacimiento y Postparto, Especialista Certificada en Lactancia, Educadora Certificada en Parto Lamaze Equipo de Salud Materno/Infantil de SJCDoH
16 de abril	Diabetes y presión arterial alta durante el embarazo	Lauren Dietz Gorski
23 de abril*	Cómo detectar complicaciones y señales de advertencia durante el embarazo	Quisha Jordan, RN , Coordinadora de Salud Materno-Infantil, SJCDoH
30 de abril	Dándole al bebé espacio para respirar	Equipo de Salud Materno/Infantil de SJCDoH

Todas las clases son de 5 a 6:15pm

**Se ofrece grupo de apoyo entre iguales 2 veces al mes de 6:30 a 7:30 p.m.*

Para más información:

(574)-235-9750 Opt. 8

<https://redcap.link/sjcember>

Los participantes deben inscribirse con anticipación.

¡Escanea el código QR o visita el enlace para registrarte! →



FREE

Pregnancy / Postpartum Health & Wellness Program



NOW ONLINE!*

Everything you need to know...

MATERNAL & INFANT HEALTH EDUCATION CLASSES

Weekly on Thursdays, 5:30-6:30pm

...anything you want to talk about

POSTPARTUM PEER SUPPORT GROUP

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

PARTICIPANTS RECEIVE:

Entry into weekly & monthly raffles

AND **BABE** STORE coupons!



***Participants must register in advance.**

Scan the QR code or visit the link to register! →



For more information:

☎ (574)-235-9750 Opt. 8

🌐 <https://redcap.link/sjember>

GRATIS

Programa de salud y bienestar
para el embarazo y el posparto



¡AHORA EN LÍNEA!*

Todo lo que necesita saber...

CLASES DE EDUCACIÓN SOBRE SALUD MATERNO-INFANTIL
Semanalmente los jueves, de 5:30 a 6:30 p. m.

...cualquier cosa de la que quiera hablar

GRUPO DE APOYO ENTRE IGUALES POSPARTO
Segundo y cuarto jueves del mes, 6:30-7:30pm

LOS PARTICIPANTES RECIBIRÁN:

Participación en sorteos
semanales, mensuales

Y cupones de



***Los participantes deben inscribirse con anticipación.**
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