



CLASS SCHEDULE



Topic

Facilitator

Nov 4	Maternal Mental Health & Self-Care	Nancy Coiro, BA Perinatal Education Coordinator, SJCDoH
Nov 18	Gestational Diabetes & High Blood Pressure in Pregnancy	Quisha Jordan, RN Maternal/Infant Health Coordinator, SJCDoH
Nov 25	Giving Baby Room to Breathe* (safe sleep)	SJCDoH Maternal/Infant Health team
Dec 2	Pregnancy Complications & Warning Signs	Jennifer Talboom, MSW , OB Care Coordinator
Dec 9	Navigating Postpartum Recovery*	Quisha Jordan, RN Maternal/Infant Health Coordinator, SJCDoH
Dec 16	Breastfeeding & Baby Care Basics	Cynthia (Cindy) Stanton, DO Family Medicine Physician

All classes run from 5-6:15pm

**Peer support group offered from 6:30-7:30pm.*

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>

