

# Mind & Motherhood



Every Tuesday starting Dec. 2 through Jan. 6 from  
12:30 to 2:30 p.m. located at  
Calvary Chapel 606 E. 9<sup>th</sup> St., Des Moines, IA 50316

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This group supports minds through the journey of motherhood for anyone who is pregnant or has delivered in the past 12 months. Priority will be given to those who live in zip codes 50009, 50265, 50266, 50312, 50313, 50314, 50316, 50317 or 50320.

The group will include:

- Understanding mental health during and after pregnancy
  - Self-care and managing stress
  - Navigating relationship change
  - Connect with others who are going on the same journey
  - Health and community resources
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Limited transportation, childcare, lunch, and interpretation provided. Each meeting includes a pack of diapers, plus a \$10 gas card for those using their own transportation. Attend all six weeks to receive a special gift.

Please pre-register ahead of time by either using the QR code and link:

<https://forms.office.com/r/Aex0i7U1kP>

Questions? Call (515) 558-9971



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