

# Pregnancy and Postpartum Guidance and Support **Programs**

The GBMC Parent Education program wants every family to feel well connected and supported during their pregnancy and postpartum journey. We offer numerous support sessions including Nine Months and Counting (topic include pregnancy and preparing for labor and delivery) Counting On ..... community friends, and family during your postpartum recovery. (Topics include postpartum physical and emotional wellbeing, infant care topics, soothing baby, schedules, and sleep patterns) and Our Touch Base support line for non-clinical questions with a Parent Education team member. Please register in advance for support groups and a Zoom link will be provided

#### Nine Months and Counting On..

Wednesday Morning 11:00 AM-12:30 PM Parent Connection located on the second floor through the OB Atrium to the Left of OB Admitting

## The Warm Line



443-849-4328

Breastfeeding questions, concerns, and fee for service in person lactation consultation appointments.

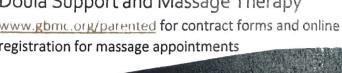
### Touch Base



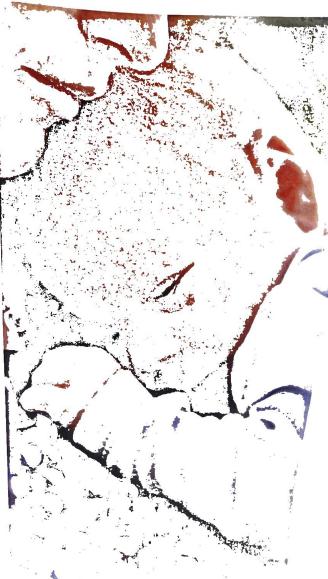
443-849-6287 or mdowell@gbmc.org For any non-clinical questions or guidance with Pregnancy, Postpartum and Newborn Care Please leave a detailed message or email and a team member will return your call as soon as possible.

#### Doula Support and Massage Therapy

www.gbmc.org/parented for contract forms and online registration for massage appointments



GBMC



www.gbmc.org/parented Babies are always welcome in each session

For additional information:

