



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 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

For additional information:
www.gbmc.org/parented

*Babies are always
welcome in each session*

GBMC