



## FREE Support Groups for You and Your Baby!

### Moms Meet Up

Share the joys and challenges of caring for yourself and your new baby.

*Get together with other new moms to talk about the joys and challenges of motherhood in this topic-oriented support group. The group is facilitated by a registered nurse or health educator.*

#### Every nine weeks we cover topics such as:

- The ins and outs of baby care including feeding, crying and fussiness, sleep patterns and common concerns.
- Emotional issues such as how all-consuming caring for a baby can be, when and where to get help, and how to take care of your needs and your baby's needs.
- Returning to work: childcare, being a full time mom and the feelings involved in these decisions.
- Relationships with partners, grandparents, co-workers and friends without children.
- Physical and emotional adjustments, sexuality, fitness and common concerns during the postpartum time.
- Your baby's developmental health and well-being including vision, hearing, dental care, reading, speech and language development, infant massage, tummy time and major physical milestones.

Attend every week, or whenever it's convenient for you. Drop-ins are always welcome! Guest speakers may include:

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|----------------------------------|----------------------|
| • Pediatric Dentist              | • Certified Nurse    |
| • Speech Therapist               | • Midwife            |
| • Occupational Therapist         | • Physical Therapist |
| • Registered Pediatric Dietitian | • Librarian          |

The goal is to help you feel confident as a mother and provide the support you need to enjoy and delight in your baby!

Women usually attend when their babies are between three weeks and six months old, depending on their circumstances and how they feel after delivery.



To learn more, visit [stlukesonline.org](http://stlukesonline.org) or call (208) 381-9000 or (208) 381-1510.

#### Every Tuesday in Meridian, 2-3:30 p.m.

St. Luke's Meridian Medical Center, 520 S. Eagle Road Shoshone Room, Lower Level

#### Every Thursday in Boise, 10:30 a.m.-noon

St. Luke's Community Education, 211 W. Main Street  
Located directly behind 209 W. Main Street, where limited parking is available.

### The Breastfeeding Bunch

#### Support and encouragement for breastfeeding mothers and babies

Share experiences, concerns, information, stories and peer support. A lactation consultant facilitates at each group meeting.

Attend every week, or whenever it's convenient for you. To learn more, visit [stlukesonline.org](http://stlukesonline.org) or call (208) 381-9000 or (208) 706-5770.

#### Every Monday in Caldwell

Arrive between 6-6:30 p.m. and stay until 7:30 p.m.  
St. Luke's Caldwell Pediatrics, 1620 Kimball Avenue  
Parking available next to the clinic.

#### Every Wednesday in Boise

Arrive between 10-10:30 a.m. and stay until noon.  
St. Luke's Community Education, 211 W. Main Street  
Located directly behind 209 W. Main Street, where limited parking is available.

#### Every Thursday in Meridian

Arrive between 2-2:30 p.m. and stay until 4 p.m.  
St. Luke's Meridian Medical Center, 520 S. Eagle Road Shoshone Room, Lower Level