

Connecting Mamas



The Denver area is blooming with resources of support and fun for you and your baby to discover. Join other mothers and their infants at our weekly new moms' group.

Not only do we cover the latest information on baby care with current experts in their field, we share our experiences as new mothers, gaining support and confidence in our new role. The community we form allows this amazing life-changing transition to be gentle, non-judgmental and affirming for each woman.

It's difficult to imagine actually getting out of the house before noon, but once you come, you'll know this is a great place to be! The group is facilitated by a registered nurse, specializing in the role of the new mother.

Join us for this **FREE Connecting Mamas class**, no registration required. You can also participate in our **FREE Nursing Support Group, which begins at 9 a.m.**

Join us every Wednesday
from 10:30 to 11:30 a.m. in
The Baby Place classrooms
at Lutheran Medical Center.

For more information,
please call 303-425-2229 or
email Jessica DeLaughter at
Jessica.DeLaughter@imail.org

Quarterly Schedule

January 2024

January 3rd: Learn how to sign with your baby. Rina from **Signing Smart** here today

January 10th: Come learn about **Family Connects Colorado**, a program that connects parents to community resources through nurse home visits

January 17th: Betsy Cummings here to talk about **Hike It Baby**

January 24th: Maggie Chapman from Rocky Mountain Sleeping Baby is here today to answer **infant sleep-related questions**

January 31st: Leslie with **Postpartum Support International (PSI)** joins us to talk about mental health support

February 2024

February 7th: Come learn about the benefits of **Craniosacral Therapy (CST)** with Carol Manno, CST

February 14th: **Life Coach**, Melissa, is here to help you prepare for this exciting next stage of life

February 21st: Maggie with Kiddie Up Nanny here to help with your **childcare search**

February 28th: Amy Osborne, PT, DPT here to discuss **postpartum recovery and pelvic floor therapy**

March 2024

March 6th: Progress Through Play PT, Brita DeStefano will discuss **important developmental milestones**

March 13th: Postpartum support therapist, Ashlee Cespedes, here to discuss **perinatal mood and anxiety disorders** and how to access support

March 20th: Dierdre Mangan with Bumblebee Acupuncture joins us to talk about the many benefits of **acupressure/acupuncture**

March 27th: West Metro Pediatric Dentistry here to discuss **infant oral care**