

2023

MYRTUE MEDICAL'S BIRTHING CENTER PRESENTS
THE PARENT NETWORK
a support group for new and expecting parents

WITH YOU EVERY STEP OF THE WAY HELPING EACH OTHER THROUGH PARENTHOOD

Whether you are preparing to welcome your new little one or bringing your newborn home after birth, you learn there are many aspects of parenthood you have questions about. It's very natural to have questions, fears, doubts, and concerns arise. The Parent Network is here to help bring parents together in a safe space to support one another through this new life event.

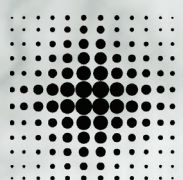


*Olivia Reese, born
at Myrtue Medical's
Birthing Center.*

During these sessions, expecting and new parents are able to broach the subjects no one talks about. Everyone is encouraged to talk about experiences and help gain new knowledge on those aspects of parenthood they might be struggling with. Some examples may be colic/fussy baby, the transition from maternity leave to work, starting solid foods, the healing process during postpartum, and many more. At Myrtue, we believe in taking an active part in your family's well-being, and we are here to help you through this new life journey.

HOST FOR THE PARENT NETWORK:

- CARA CACY, RN, Internationally Board Certified Lactation Consultant + Certified Passenger Car Seat Safety Technician
- Call or text Cara at 712.755.4482 or email at ccacy@myrtuemedical.org with any questions about the Network



MYRTUE
Medical Center

Where Life's Story Begins

2023

THE PARENT NETWORK SCHEDULE & TOPICS



2ND & 4TH TUESDAYS OF EVERY MONTH:
MARCH 14 & 28 | APRIL 11 & 25 | MAY 9 & 23
JUNE 13 & 27 | JULY 11 & 25 | AUG 8 & 22
SEPT 12 & 26 | OCT 10 & 24 | NOV 14 & 28 | DEC 12

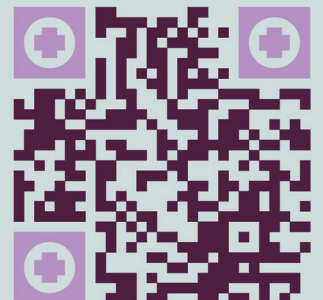
Parent Support Group sessions are held on the second and fourth Tuesdays of every month from 6 PM to 8 PM in the Myrtue Medical Birthing Center located on the third floor of the hospital. *Park in the north lot at the Administration Entrance.*

This is a safe space for expecting and new parents to come and talk about any topic they want advice or information on, share experiences, and gain new friendships with people going through the same life event. With the guidance of special guests and Cara, new parents will walk away with helpful tips and tricks to help guide them through parenthood.

The first Tuesday session of every month will include a presentation from a guest speaker on a specific topic. Some examples of these topics are; newborn CPR, newborn chiropractics, postpartum depression and mental health services, women's health physical therapy, baby massages, Myrtue's Learning for Life program, and many more.

ADDITIONAL INFORMATION:

- Light meal provided
- Parents are welcome, and encouraged, to bring their little ones
- RSVP to the sessions by scanning this QR code, or by going to our website.



MYRTUEMEDICAL.ORG