

ELMHURST HOSPITAL

# Support for Moms

The birth of a baby can trigger a wide range of powerful emotions—from excitement and joy to fear and anxiety. We're here to help with your transition to parenthood.

## MOMMY AND BABY HOUR

Adjusting to motherhood is exciting and challenging. An experienced nurse will guide weekly discussions, and occasional guests will provide information on different parenting topics. Bring a blanket for your baby to lie on. FREE. No registration is required.

Meets Every Wednesday, 10:30 am to Noon  
Third floor Family Waiting Room.  
*Take Main Entrance elevators to the third floor.*

## NURTURING MOM

This group is for new and expectant mothers who may be experiencing anxiety, emotional highs and lows, difficulty sleeping, scary thoughts or any other issues related to the transition to parenthood. This group is led by a certified perinatal clinical therapist. Your baby is welcome to attend with you. FREE. No registration is required.

Meets the first and third Wednesday of every month, 12:30 to 1:30 pm, immediately following Mommy and Baby Hour.  
Meets adjacent to Third Floor Family Waiting Room.  
*Take Main Entrance elevators to the third floor.*



## Mom's Line - (630) 527-7294

This service, provided by Linden Oaks, Edward-Elmhurst's behavioral health hospital, has a phone line dedicated to women (or anyone worried about a woman) who may be experiencing signs or symptoms of postpartum depression. Messages on this line are checked daily and all calls will be returned within 24-hours. Please call 9-1-1 in an emergency situation.

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155 E. Brush Hill Rd.

Elmhurst, IL 60126

See individual program listing for specific dates/times.

*For questions or more information on classes, support groups and events, visit [www.EEHealth.org/classes-events](http://www.EEHealth.org/classes-events) or call (630) 527-6363.*