



Mama Moods Group

Meet other pregnant moms, new moms and babies in a relaxing environment where you are welcome to share both the joys and the challenges of parenthood.

This is an open group and there is no cost. Join the group at your convenience and come as often as you would like. We will discuss common concerns such as sleep, self-care, nursing/feeding, childbirth recovery, partner and family relationships, and anything else that arises.

Light refreshments will be served



Transportation will be provided.
Call (260) 469-4076 on Monday by noon
if you need a ride.

Babies and children welcome.
Childcare will be available for babies and
toddlers up to age 2 if you want
some time for yourself.

The Summit

1025 W. Rudisill
Building H (last building on left)
Fort Wayne, IN 46802

Every Tuesday at 5:00 p.m.

**For more info call:
(260) 469-4076**