



SWMPQIC

Southwest Michigan Perinatal Quality Improvement Collaborative

REDUCING YOUR RISK

FREE, VIRTUAL MENTAL HEALTH PREP CLASS FOR PREGNANT FAMILIES

Led by expert Certified Perinatal Mental Health Professionals, this course is tailor-made to ready and equip expectant parents and their support system with:

- Preparing for the mental and emotional impact of childbirth
- In difficult situations, how to equip yourself with effective tools and valuable resources.
- Assistance with creating an emergency postpartum plan

REMAINING 2023 CLASS DATES:

NOVEMBER 14TH, 6PM-7PM

DECEMBER 12TH, 5:30PM-6:30PM



Register [HERE](#)