

SEPTEMBER 2023

# SWMPQIC UPDATES

## "BIRTH AND BEYOND" VIRTUAL CLASSES

October 2nd-November 6th, Every Monday, 6pm-8pm

Come learn about all things birth and postpartum from experts including certified childbirth educators, IBCLCs, and a physician in this 6-week FREE, virtual class.. This course will offer great opportunities to ask your questions and get answers.

The course topics include:

- Week 1-3: Labor and delivery
- Week 4: What happens after birth
- Week 5: Newborn care
- Week 6: Infant feeding

Participants who attend at least 4 of the 6 classes will receive a gift. Gift options include a new car seat, pack-n-play, or diapers and wipes

**Register at: <https://bit.ly/SWMPQICChildbirthandBeyond>**



**1 IN 7 MOTHERS EXPERIENCE DEPRESSION OR ANXIETY DURING PREGNANCY OR POSTPARTUM**

You are NOT alone. Help and healing are within your reach. Check out [www.postpartum.net](http://www.postpartum.net) for more information and to find a local counselor

## "REDUCING YOUR RISK" PERINATAL MENTAL HEALTH VIRTUAL COURSE

**Join us for our next FREE, Virtual Class September 11, 6pm-7:00pm**

Register at:  
<https://bit.ly/SWMPQICReducingYourRiskClass>

Southwest Michigan Perinatal Quality Improvement Collaborative

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