

FETAL SUPPORT GROUP

Sponsored by the Midwest Fetal Care Center



An educational and informational group for parents experiencing a high-risk pregnancy

In the Fetal Support Group, high-risk pregnancy families have an opportunity to learn about and explore various topics related to expecting a baby that may require hospitalization following birth.

Each session has an education-focused topic and an opportunity for connection with others sharing similar experiences. Educational topics rotate from month to month. While participants are able to interact, ask questions and be an active part of the discussion, there is no pressure to talk.

Sessions will be co-lead by Perinatal Social Workers from the Midwest Fetal Care Center and Children's Minnesota, along with support partners in our patients care:

- Child-Life Specialist, Children's MN
- Penny George Institute for Health & Healing, Allina Health
- Perinatal Mental Health Team, Allina Health

Date: Second Tuesdays of the month from 6 p.m. to 7:30 p.m.

Place: Back East Education Center
(2nd floor of Children's MN/Welcome Desk-Mpls Campus)

RSVP: fetalsupportgroupRSVP@childrensMN.org

Monthly topics include:

- Adjustment to high-risk pregnancy
- Information about perinatal mood and anxiety disorders
- How to include your older children in your baby's hospitalization
- Exploring medical assistance and SSI programs
- How to utilize integrative medicine both during pregnancy and post-pregnancy

*Sessions are free of charge. Parking will be validated.
No childcare available. Light dinner will be served.*

MIDWEST FETAL CARE CENTER

Children's MINNESOTA **Allina Health**