

Monday, November 4

- Breastfeeding and Baby Basics - 6:00pm

Tuesday, November 5

- Movin On Exercise Group - 10:00am
- Childbirth Express - 6:00pm

Wednesday, November 6

- New Moms Monthly Support Group Meetings - 12:00pm
- Infant Loss Support Group - 6:00pm

Tuesday, November 12

- Movin On Exercise Group - 10:00am

Tuesday, November 19

- Movin On Exercise Group - 10:00am

Wednesday, November 20

- Childbirth Express - 6:00pm

Tuesday, November 26

- Movin On Exercise Group - 10:00am

Breastfeeding and Baby Basics

Time: 6:00pm

This **free** one night class, introduces expectant parents to the basics of breastfeeding. Topics include positioning baby, latching on, milk production and supply sustainment.

The basics of newborn care will also be presented . Topics will focus on newborn care, crying, sleep feeding, and basic growth and development in the first few weeks of your baby's life. You will have a chance to answer questions and practice skills.

Registration limited to 6 mothers, each with one support person if desired.

For questions, please call 208.799.5430.

Movin On Exercise Group

Time: 10:00am



The Movin On Exercise Group is a free weekly exercise class for cancer patients and survivors based on current and emerging research linking exercise to better outcomes in cancer care. Each class is specifically tailored towards participants' fitness levels and needs. Physical therapists oversee the classes.

Classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. The exercise group also serves as an organic support group, bringing together people who have been diagnosed with cancer and may have similar experiences. For questions or to register, call 208.799.5219.

Childbirth Express

Time: 6:00pm

One night class to introduce labor support skills, pain management for birth and tour the hospital. The class is **free** and limited to 6 mothers and their support person. For questions, please call 208.799.5430.

New Moms Monthly Support Group Meetings

Time: 12:00pm



Come together to discuss motherhood in a supportive and nurturing environment.

This **free** group provides a safe and non-judgmental space for pregnant women and women with children 0 to 12 months looking for answers to questions about:

- Breastfeeding
- Sleep patterns
- Infant development
- Returning to work
- Changes in your relationship with your partner and friends

Learn through group discussions, share experiences, exchange information, and gain support during an adjustment stage that can be a complex combination of excitement and anxiety. **Lunch provided. For questions, call 208.799.5430.**

Infant Loss Support Group

Time: 6:00pm

St. Joseph Regional Medical Center's Infant Loss Group provides support to individuals and families who have experienced loss through miscarriage, ectopic pregnancy, stillbirth, or death of a newborn or child up to one year of age.

When someone experiences a perinatal loss, feelings of isolation, guilt, and a sense that no one understands what they're going through may occur. It is essential to know that many others have known this type of loss; in fact, one in five pregnancies ends in a miscarriage, and one in 100 experiences a stillbirth.

While perinatal loss is all too common, each grief journey is individual. Being with others who understand what you are going through is often comforting. We offer support through educational handouts, community events, and small group meetings. Meetings are facilitated by a Registered Nurse educated in this type of loss, and there is no charge to participate in these meetings.

For information on the program, email amber.maurer@sjrmc.org or call 208 799 5430.