

Perinatal Newsletter

AUGUST 2025



ROOTED IN MOTHERHOOD

Welcome to the NAMI Perinatal Support Group!
A community rooted in support, strength, and hope.

This group is a safe, supportive space for new and expecting mothers to connect, share, and receive guidance during the perinatal journey. Whether you're navigating pregnancy, postpartum, or the transition into motherhood, you are not alone. In addition to peer support, we offer resource navigation to help connect you with local services, mental health providers, and programs tailored to perinatal wellness. Together, we'll explore topics around emotional health, self-care, and parenting with compassion and understanding.

Importance of Awareness:

- Normalizing experiences
- Early intervention
- Reducing stigma
- Promoting well-being

Resources & Support:

- **Let us help you locate local:**
- Healthcare providers
- Support Groups
- Education & Information
- Mindfulness & self-care

UPCOMING EVENTS & SUPPORT GROUPS

AUG

16

Rooted in Motherhood Open House

When: August 16th

Time: 1:00p.m.-3:00p.m.

Where: Arbor Creek Gardens & Floral

AUG

23

First Rooted in Motherhood Support Group

Special Speaker: Ashley

Leadingham with CHAP

Location: Arbor Creek Gardens & Floral

Time: TBD

COMMUNITY RESOURCE HIGHLIGHT



CONTACT INFO

Email: megan@namirc.org

Phone: (419)-522-6264 ext. #2