



# Nurturing Parenthood

Support and resources for prenatal and postpartum families in Mecklenburg County

*"...because taking care of you is taking care of your baby."*

## Resource Directory

Designed for new and expectant families. A free, growing local services listing of practitioners, social services and nonprofits supporting the complex needs of new & expecting families.

## Free Support Groups

Providing safe spaces to struggle, find help, and gain perspective with other mothers/birthing people, facilitated by trained practitioners. Pregnancy, postpartum, , birth trauma, feeding & sleep support and more are among the group focuses.

## Video Education Library

Free, short videos from local experts discussing the many challenges and unknowns in adjusting to pregnancy, postpartum, and early parenting that are too often not discussed .

## Community Calendar

A calendar focused on groups, classes and events for perinatal families all over the community.



## Mind Body Baby NC

[www.mindbodybabync.org](http://www.mindbodybabync.org) / [village@mindbodybabync.org](mailto:village@mindbodybabync.org)

980-224-0064 /   @mindbodybabync

Striving to provide education, resources and social-emotional support through the pregnancy & postpartum period, knowing that when a caregivers' valued, equipped and healthy their baby has the ability to reach their fullest potential.

Informed by lived experience and advised by perinatal professional in the community.

