



## MILE SQUARE HEALTH CENTER Maternal Health Support Group

Join our supportive community space designed specifically for new moms. Led by program midwife and behavioral health nurse practitioner Crystal Stamps, our structured and therapeutic support group offers a drop-in format, allowing you to attend at your convenience.

The idea for this nurturing space originated from our Community Maternal Health Care program's baby shower event held in January 2024. The overwhelming gratitude expressed by attendees inspired us to continue providing this vital support.

During our sessions, you'll have the opportunity to connect with other new moms, share experiences, and receive guidance tailored to your evolving needs as a mother. Plus, lunch is provided!

Come join us and be part of a community that understands and supports you on your motherhood journey.

**Our support group provide various therapeutic interventions such as:**

- Art therapy
- Clay Therapy
- Talk therapy
- Yoga
- Journaling



**Join our Maternal Health Support Group!**

**First Meeting**

November 21, 12 - 1 pm  
Group meets every other Thursday.

**Location:**

Mile Square  
Health Center Primary  
& Immediate Care  
Center

839 W. 79th St.  
Chicago, IL 60620