

Prenatal & Postpartum Maternal Mental Health & Wellness



Questions?
Call 937-340-4144



A Support Group for Moms, Led by Moms

A peer-led support group for moms struggling with anxiety, depression, rage, or any other form of maternal/prenatal or postpartum struggles. Led by trained facilitators who've experienced these feelings first hand.

**Newborn through 3-months
WELCOME to attend with Mom!**



Makayla Brashear
Mom of 2, ages 1 and 2



Jesse Jones
Mom of 2, ages 4 and 7



Tracie Bayer
Mom of 3, ages 18, 27, 29



NAMI Mid-Ohio receives funding from the
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