



## Boot Camp for New Moms @ Dignity Health Mercy Medical Center

All Moms Matter, in collaboration with Dignity Health-Mercy Medical Center, are happy to offer this three-hour workshop, facilitated by mothers. Utilizing a one-to-one approach, veteran mothers and their babies orient rookie moms who are expecting their first baby.

The rookies watch the veterans feed, burp, change, and care for their babies while exchanging experiences and advice. A strong sense of solidarity quickly develops as women talk honestly and openly about what it's like to be a mom. Veterans and rookies discuss pregnancy, parenting, support, depression, relationships, and anxiety, over the enormous adjustment and challenges of becoming a mother.

### To register contact us at:

[allmoms.eventbrite.com](http://allmoms.eventbrite.com) or (209)385-3000, Extension 5001

There is no fee for this workshop, however **registration is required.**

### Classes are held at:

**Mercy Medical Pavilion**

315 Mercy Avenue (3rd Floor, Classroom D)

Merced, CA 95340

### 2019 Workshop dates and time:

Saturdays, 9:00 A.M. - 12:30 P.M.

January 19	May 18	September 21
February 16	June 15	October 19
March 16	July 20	November 16
April 20	August 17	December 21

For more detailed information about this workshop, call the All Moms Matter Program at (209) 385-3000, Extension 5001.



BOOT CAMP FOR NEW MOMS IS A MERCED COUNTY HUMAN SERVICES AGENCY PROGRAM

