



Mom2MomDG

A support community to promote perinatal mental health in Downers Grove.

Please join us in a safe and judgement-free group setting to receive support and education for issues that many new mothers struggle with: anxiety, depression, stress, relationships and more. Our goal is to create a supportive environment to discuss a range of topics, providing empowerment for new moms suffering from a mood disorder. There is NO FEE to join this group, and babies are always welcome.

Meeting dates are typically the first and third Tuesday of each month, from 10:30 am to 12:00 pm. We also meet on the second Saturday of each month, so that spouses, families, or support people can join in the discussion as well. We ask that you RSVP in advance to ensure meeting times and dates (No walk-ins please, as the schedule may change).

All groups meet at:

First United Methodist Church

1032 Maple Avenue, Downers Grove, 60515

Please contact a group facilitator for more information and to RSVP:

Sophie Bowerman (630) 745-8118

Lara Vazquez (630) 632-8131

mom2momdg@gmail.com

