

KY MOMS MATR

Free healthy pregnancy class

The free healthy pregnancy class is a one time class offered to all women pregnant or up to 6 months postpartum. The class discusses the following topics: Dangers of substance misuse during pregnancy, PPD symptoms VS. baby blues symptoms, healthy relationships , nutritional information and more.



Events this Month

- **May 17th Virtual class at 10:00a.m. via Zoom**
- **May 31st class at the Marshall County Resiliency Center at 10:00 am.**



KY MOMS MATR now offers \$40.00 gift cards to all class participants!

May is Mental Health Awareness Month

Pregnancy and Postpartum can be challenging times that is why it is especially important to practice self care while pregnant and after baby arrives. According to the National Institute for Mental Health (NIMH), almost 15% of women experience postpartum depression after giving birth, which equates to about 1 in 7 women. Women should talk to their Doctor immediately if they feel they could have PPD. The healthy pregnancy class educates women on PPD warning signs that depressive symptoms have evolved into PPD.

For more information or to make a referral contact Danielle Carter at 270-442-8039x1728 Dcarter@4rbh.org

News

We are excited to announce we have a new case manager named Daisha Johnson. Our case management services are offered to any pregnant women and women up to 6 months postpartum with a diagnosed SUD. The goal of the case management program is to link mom and baby to services they may need. Such as; assistance with employment search, insurance, food stamps, furthering educational opportunities, housing and assisting clients in their search of treatment for substance use and mental health issues, plus more.

For more information about Case management services or to make a referral contact Daisha Johnson at 270.442.8039 ex. 1724 djohnson@4rbh.org

