

## **MARCH ONLINE CLASSES AND SUPPORT GROUPS**

### **Presented by Dignity Health St. John's Hospitals**

#### **1. Preventing Complications from Diabetes**

Sunday, March 7, 2021 | 9 a.m. to 10 a.m.

Presenter: Sr. Suzanne Soppe

Class Description: Participants will learn how to live well with diabetes and prevent complications.

*To register, please call 805.988.2693 and leave a detailed message with your full name and phone number. You can also email us at [suzanne.soppe@dignityhealth.org](mailto:suzanne.soppe@dignityhealth.org).*

#### **2. Diabetes: Healthy Meal Planning and Prevent Tips**

Saturday, March 20, 2021 | 9 a.m. to 10 a.m.

Presenter: Sr. Suzanne Soppe

Class Description: Learn and practice designing meals and snacks to live well with diabetes and prevent diabetes.

*To register, please call 805.988.2693 and leave a detailed message with your full name and phone number. You can also email us at [suzanne.soppe@dignityhealth.org](mailto:suzanne.soppe@dignityhealth.org).*

#### **3. Tools for Dealing with a Chronic Health Condition**

Saturday, March 27, 2021 | 9 a.m. to 10 a.m.

Class Description: Want to learn how to live healthier with a chronic health condition? Do you deal with arthritis, high blood pressure, heart condition, diabetes, breathing problems, asthma, etc.? Attend this class and learn some tools about how to live a healthy life with a chronic health condition.

*To register, please call 805.988.2693 and leave a detailed message with your full name and phone number. You can also email us at [suzanne.soppe@dignityhealth.org](mailto:suzanne.soppe@dignityhealth.org).*

#### **4. FREE Nutrition Counseling with St. John's Registered Dietitian via Phone (available in English and Spanish)**

*To make an appointment, please call 805.988.2709 or email [Carolina.Villavicencio@dignityhealth.org](mailto:Carolina.Villavicencio@dignityhealth.org).*

#### **5. FREE Online Mom to Mom Peer Support Group**

Tuesdays, 11 a.m. to 12:30 p.m. (*Support group is not available on holidays.*)

This group is designed for pregnant and postpartum women who need time to explore the complex emotions that often come with motherhood. *To register or for more information, please call 805.988.2784.*

#### **6. FREE Online Mommy and Me Support Group (0-6 months)**

Thursdays, 11 a.m. to 12:30 p.m. (*Support group is not available on holidays.*)

This class focuses on infant care and parenting issues. You will learn about infant CPR and child safety, infant massage, and child development. Every class includes music and games that mothers and babies can enjoy together. *To register or for more information, please call 805.988.2784.*

#### **7. FREE Online Mommy and Me Support Group (6-12 months)**

Thursdays, 9:30 a.m. to 10:30 a.m. (*Support group is not available on holidays.*)

Learn how to handle the new challenges and concerns that arise as your baby gains mobility by sharing with others who are experiencing similar issues. Music and games are a part of every class. *To register or for more information, please call 805.988.2784.*

#### **8. FREE Online Sibling Class**

First Saturday of the month, 10 a.m. to 11 a.m. (*Support group is not available on holidays.*)

This one-time class is to prepare your child (age 2-10 years of age) for the upcoming birth of their new baby brother or sister. This class will include what babies do and how they communicate, what a big brother or sister may feel about the new baby's arrival, and how they can help with the new baby. A special booklet and certificate will be mailed to the child after completion of the course. *To register or for more information, please call 805.988.2784.*

**9. FREE Online St. John's Baby Bistro Breastfeeding Support Group**

Wednesdays, noon to 1 p.m. (*Support group is not available on holidays*)

Nurture yourself and learn how to handle various issues that may come up after leaving the hospital by participating in a breastfeeding support group. Topics include engorgement, latch difficulties, sore nipple management, establishing and maintaining an adequate milk supply, preparing to return to work, pumping, milk collection and storage, weaning, and other shared concerns. Immediate breastfeeding questions and one-on-one consultations are also available via zoom. *To register or for more information, call St. John's lactation office at 805.988.2796.*