

## Becoming a mom is exciting. It can also be overwhelming.

## It's a lot to take in. Julie and Molly can help.

Becoming a new mom is exciting. It can also be overwhelming. That's why our Mercy Kids Prenatal Navigators are here. As moms themselves, Julie and Molly understand the anxieties, issues and challenges facing first-time moms. Your navigator will guide you through pregnancy and the first months of life as a new mom. Julie and Molly can:

- Connect you with Mercy classes and resources, pre- and post-natal
- Connect you with Mercy lactation services
- Assist with pediatrician selection
- Give tours of Mercy pediatric facilities
- Introduce you to Mercy Kids services

...And support you throughout the entire process.

## Connect with Julie by phone at

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## Connect with Molly by phone at

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