



# Maternity Support Group

Pregnancy can be unpredictable and ever-changing. At the Ralph H. Johnson VA Health Care System, we understand the challenges and complexities in this phase of life. We also understand the benefits of maternity support during this critical time. We are offering monthly support groups to discuss the journey along the way. The support group will include:

- What to expect during pregnancy
- Safe medications during pregnancy
- Community Care Program & billing
- Nutrition & whole health
- Breastfeeding & other feeding support
- Postpartum care (including mental health)
- Contraceptive options

Monthly meetings occur every 2<sup>nd</sup> Tuesday at 2:30 p.m. - 3 p.m. on Microsoft Teams

**RSVP: Rhonda Lucas, Maternity Care Coordinator**  
Rhonda.lucas@va.gov | 843-304-8911



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
Ralph H. Johnson VA Health Care System