

January 2021

Health & Wellness Calendar

Planning for Parenthood

Unless otherwise noted, the programs listed below are virtual classes using SecureVideo service. Call 410-871-7000 to register, pay and obtain access to the class.

Prepared Childbirth Program

Thursday, January 7, 6 – 9 p.m.
\$20 per couple

Breathing, Relaxation & Comfort Techniques

Tuesday, January 12, 6 – 8 p.m.
\$20 per couple

Baby Care

Thursday, January 14, 6 – 8 p.m.
\$20 per couple

What to Expect Online Presentation

Visit lifebridgehealth.org/fbpexpect to view.

Breastfeeding Resources

Online resources are available at lifebridgehealth.org/carrollbreastfeeding

Visit lifebridgehealth.org/familybirthplace for more information about our services.

Special Programs

Powerful Tools for Caregivers

This virtual, evidence-based self-care workshop series teaches individuals how to care for themselves while caring for someone else.
Thursdays, January 14 to February 18
5:30 – 7 p.m.

Free; Registration required

For more information or to register, call 410-386-3818 or email lwagner@carrollcountymd.gov

Kidney Smart Online

For more information or to register, call 888-695-4363.

Chronic Disease Self-Management Program (Mailed Toolkit)

This evidence-based program introduces information and skills that help people with many different physical and mental health conditions lead a healthy life.

The toolkit is mailed to you and you complete the program at your own pace in addition to a weekly conference call with a trained facilitator.

Free; Registration required

For more information or to register, call 410-386-3818 or email lwagner@carrollcountymd.gov

Telelearning Tuesdays at 2 p.m.

Providing health and wellness education by phone, we are offering 30-minute weekly presentations on various topics. To join, call the number below on Tuesdays at 2 p.m. and enter the code when prompted.

[1-646-741-5292](tel:1-646-741-5292)

Access Code: 111-1871-7000

Mind and Body

Livestream Vinyasa Flow Yoga

By month: \$40 for 4-week session
Visit lifebridgehealth.org/carrolllyoga or call 410-871-7000 for more information and to register.

Support Groups

Unless otherwise noted, the support groups listed below are virtual groups using SecureVideo service. Call 410-871-7000 to register and obtain access to the group.

Breast Cancer Support Group

Tuesday, January 12, 7 – 8:30 p.m.

Breastfeeding Support Group

Call the breastfeeding hotline at 410-871-7024 or visit lifebridgehealth.org/carrollbreastfeeding for assistance.

Gather & Connect Support Group

For those living with cancer (and their families) to share their experiences
Monday, January 25, 4:30 – 6 p.m.

Parkinson's Support Group

Wednesday, January 13, 1 – 2:30 p.m.

Perinatal Loss Support Group

Monday, January 25, 7 – 8 p.m.

Postpartum Support Group

New moms who are feeling overwhelmed, hopeless, sad or out of control can share experiences, connect with needed resources and get support.
Thursdays, January 14 and 28, 1 – 2 p.m.

Stroke Survivors Support Group

Thursday, January 14, 10 – 11 a.m.

Special Services

Cancer Navigation Services

A free, comprehensive resource for those pending a diagnosis or in any stage of all types of cancer
Call 410-871-7000 for more information.

Care Connect Navigation Services

Support and guidance for people living with health conditions
Call 410-871-7000 for more information.

Center for Breast Health

A free, comprehensive resource for those pending a diagnosis, at any stage of breast cancer or for general breast health needs
Call 410-871-7080 for more information.

Complementary Health Services

By appointment only. Call 410-871-7000 for availability of services.

- Acupuncture
- Integrative Reflexology®
- Massage
- NADA–Auricular Acupuncture for Weight Loss & Addiction
- Reiki

Bereavement Support Services

Call 410-871-8000 for more information.

Healing after a Substance Loss Support Group

Open to those who have experienced the death of a loved one related to substance use or addictions. The group addresses the unique emotional issues surrounding the loss and offers coping strategies.

Tuesday, January 5, 5 – 6:30 p.m.

Call 443-875-8763 to register and obtain access to this virtual group.

Mending Hearts Support Group

Open to parents who have lost a child

Monday, January 18, 6:30 – 8 p.m.

Call 410-871-7656 to register and obtain access to this virtual group.

Pathways Grief Support Group

Open to anyone who is grieving the loss of a loved one. The group addresses emotional issues surrounding the loss and offers coping strategies.

Wednesday, January 20, 7 – 8 p.m.

Call 410-871-7656 to register and obtain access to this virtual group.

Widows & Widowers Support Group

Open to adults who have lost a spouse

Tuesday, January 5, 6:30 – 8 p.m.

Call 410-960-7568 to register and obtain access to this virtual group.

All programs are free of charge and require pre-registration unless otherwise noted. All fees are nonrefundable.

To register or for more information, call Care Connect at 410-871-7000.