

SSM MOMS Line (314) 768-MOMS

MOMS Groups on Zoom

Peer-led support for moms experiencing anxiety or depression

All St. Louis area pregnant and postpartum moms are welcome to join our MOMS Groups no matter where you gave birth. We believe moms deserve support and connection because sometimes being a mom is hard. Join us from the comfort of your own phone/computer.

Monday Morning ~ Jamaa

1st & 3rd Mondays

10:00am - 12:00pm

Zoom Meeting ID: 931 5653 5891

Password: 171304

Tuesday Late Night ~ First Ladies Network

1st & 3rd Tuesdays

7:30pm - 9:00pm

Zoom Meeting ID: 969 7116 4265

Password: 353802

Tuesday Night ~ Jamaa

2nd & 4th Tuesdays

6:00pm - 8:00pm

Zoom Meeting ID: 918 5091 3540

Password: 994866



Friday Morning - St. Joseph Lake St. Louis

2nd & 4th Friday Mornings

10 am - 12:00 pm

Zoom Meeting ID: 682 331 0645

Password: 142917

Wednesday ~ DePaul Hospital

1st & 3rd Wednesdays

1st Wednesday 12:30pm - 2:30pm

3rd Wednesday 6:00pm – 8:00pm

Zoom Meeting ID: 950 4717 5378

Password: 767288

Wednesday Afternoon ~ St. Clare

2nd & 4th Wednesdays

12:30pm - 2:30pm

Zoom Meeting ID: 914 8989 8526

Password: 443554

Thursday Night ~ Kangaroo Kids

2nd & 4th Thursdays

6:30pm - 8:30pm

Zoom Meeting ID: 976 3852 8754

Password: 672218

How to join a Zoom group:

ON YOUR SMART PHONE: You'll need to download the Zoom app to your phone in advance, then click Join a Meeting when it's time for our call. Then enter the meeting ID for the meeting you want to attend, then enter the password. **AT YOUR COMPUTER:** Go to Zoom.us and then enter the meeting ID for the meeting you want to attend and click Join a Meeting, then enter the password, when it's time for that group to start. **YOU MUST HAVE YOUR CAMERA ON FOR THIS GROUP.** If you do not have your camera on, you will be removed from the group. This is for all of our safety.

Call Kim at 314-768-8570 for more information