



**BlueCross BlueShield**  
of Illinois

**Blue Door**  
Neighborhood Center<sup>SM</sup>



# Baby Shower

**April 11**

11 a.m. – 1:30 p.m.



**Every family deserves a strong, healthy start.**

**Join us for a Community Baby Shower** celebrating expecting parents and families with babies up to one year old. Whether you're expecting or navigating your baby's first year, this event offers a supportive space for everyone.

If you or someone you know is having a baby, come out and enjoy essential baby giveaways, books, and connections to helpful community resources in a warm, welcoming space.

**Morgan Park center**

11840 S. Marshfield Ave.  
Chicago IL, 60643  
872-760-8090

Scan the QR code  
to register.



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# Celebrate Black Maternal Health Week

Let's come together to raise awareness and support expecting parents before, during and after pregnancy.



<b>Health Matters:</b> Black Mamas Matter In person and virtual	<b>Community Conversation:</b> Motherhood Unfolded In person	<b>Dinner and Learn:</b> Autism Awareness In person and virtual	<b>Virtual Health Matters:</b> Eating for Two
<b>April 13</b> 11–11:45 a.m. at Pullman, Morgan Park and South Lawndale	<b>April 14</b> 6-7:30 p.m. at Pullman	<b>April 16</b> 5:45-7:15 p.m. at Morgan Park	<b>April 18</b> 11-11:30 a.m. at Pullman, Morgan Park and South Lawndale
<p><b>Black maternal health is a public health issue.</b> Join us to discuss the facts and share resources that increase awareness, access and equity for better health outcomes.</p>	<p><b>Join us for an uplifting conversation where families share their birth stories.</b> We will talk about overcoming pregnancy challenges and learning how to speak up for yourself during pregnancy. Together, we can support healthier families and build stronger communities. Dads and other supportive loved ones are welcome.</p>	<p><b>In honor of Autism Acceptance Month,</b> learn more about autism to promote inclusion. Families are welcome. A kid zone with age and sensory appropriate activities will be available. <i>Advance registration is encouraged.</i></p>	<p><b>Learn why good nutrition matters during pregnancy and after your baby arrives.</b> We'll share healthy snack ideas and discuss ways to celebrate cultural foods while supporting the well-being of both mother and baby.</p>

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**Pullman**

756 E. 111th St. | Suites 102 & 103  
Chicago IL, 60628  
(773) 253-0900

**South Lawndale**

2551 W. Cermak Rd.  
Chicago, IL 60608  
(872) 760-8450

**Scan the QR code**

to learn more about our programming.



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# Wellness in Full Bloom

Join us this April for engaging events focused on well-being and connection.

From stress-management tools to financial growth, we'll have something for everyone in your family.

Financial Growth in person and virtual	Dinner and Learn: Autism Awareness in person and virtual	Lunch and Learn: Alcohol Awareness in person and virtual	Lunch and Learn: Stress Awareness Month in person and virtual
<b>April 16</b> 11- noon at Morgan Park and Pullman	<b>April 16</b> 5:45 – 7:15 p.m. at Morgan Park	<b>April 28</b> 11 a.m. – 12:15 p.m. at Morgan Park	<b>April 30</b> 11 a.m. – noon at Pullman
<b>In recognition of National Financial Literacy Month</b> , join Fifth Third Bank for a workshop on setting and achieving financial goals.	In honor of Autism Acceptance Month, <b>learn more about autism and ways to promote inclusion.</b> Families are welcome. A kid zone with age- and sensory-appropriate activities will be available. Advance registration is encouraged.	<b>Join a clinician-led session</b> on understanding substance use disorders. In-person participants are encouraged to register to receive lunch.	<b>Join us for a clinician-led discussion</b> on stress, how it affects your health, and practical ways to manage it.



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# Get Rewarded - April

**Take three of our health and wellness education classes a month and receive a gift card.** One gift card a month per participant. See the Pullman and Morgan Park calendars for more classes marketed by an asterisk\*. Annual restrictions may apply.

<b>Health Matters:</b> National Walking Day in person and virtual	<b>Health Matters:</b> Keeping Children Safe in person and virtual	<b>Health Matters:</b> Acute Stress vs. Chronic Stress in person and virtual
<b>April 2</b> 11 - 11:45 a.m. at Pullman	<b>April 7</b> 10:15 - 11:45 a.m. at Morgan Park	<b>April 28</b> 11 - 11:30 a.m. at Pullman
<b>Celebrate National Walking Day with us.</b> Learn simple ways to add extra steps into your daily routine.	<b>Learn how to recognize, respond to, and help prevent child abuse</b> in this class lead in collaboration with Chicago's Children Advocacy Center.	<b>Discover the differences between acute and chronic stress</b> and how they can affect your overall health.



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