

New Moms Group



CONGRATULATIONS!

The New Moms Group is a way for you to connect with other new mothers, share your experiences, and seek guidance about any concern you might have about yourself and your baby's development. Our group is a safe and nurturing space for all mothers, whether this is your first or fourth baby, and is:

- Open to new moms from any town
 - Free of charge
 - Open discussion format with quarterly topics presented by collaborative partners
 - Professionally facilitated and confidential
 - Full of resources, ideas, and potential friendships
 - Supportive around your feeding choices
- Available for as long as it is helpful for you, but geared to the first 6 months; with an Older Babies Group offered for parents and their babies aged 5-11 months

This group meets virtually every Wednesday, 1-2:30 p.m.
Email Mary for the connecting zoom link: mbeilman@jri.org

This group meets in person one Wednesday each month, at Reuben Hoar Library, 35 Shattuck Street, Littleton

RSVP to: lmattthews@jri.org for in-person groups

This group's facilitator, Mary Beilman, is available before and after our scheduled weekly group for one-to-one consultations free of charge. Mary's areas of expertise include:

- Certified Lactation Counselor
- Certified Educator of Infant Massage
- Baby Sign Language Educator
- Certified Pediatric Sleep Consultant
- A Family Support Specialist for 14 years with a background in special education



Our programs support all parents who identify as mothers. Whether you are breastfeeding, bottle feeding, parenting solo, partnered, or married, an adoptive or biological parent, YOU are welcome here. Sharing our range of experiences shows us how many ways there are to be a family.

First Connections is a Coordinated Family & Community Engagement (CFCE) grant funded program through the Mass. Dept. of Early Education and Care. We are a program of Justice Resource Institute with additional funding from the Emerson Hospital DoN Community Health Initiative, Nordblom Family Foundation, Concord-Carlisle Community Chest, Acton-Boxborough United Way, Maynard Community Chest, the Schrafft Charitable Trust, faith communities, families and other local donors. To help strengthen the next generation, add your gift today!