Emotional Wellbeing

Creating hope and connections for women struggling with the adjustment to motherhood, anxiety, or depression in the postpartum year

Open to mothers from any town

- Free, ongoing, nonjudgmental support group
- You do not need to be diagnosed with PPD to attend
- Facilitated by Heather O'Brien, LICSW, Certificate in Infant-Parent Mental Health
- RSVP's requested before attending for the first time
- Coffee & tea provided
- Babies welcome
- Childcare available for older siblings with advance notice

Thursdays
10-11:30 a.m.
Held at First Connections
179 Great Road
Acton
978-429-8284
hobrien@jri.org
with questions
or to attend for the first time

Women of every culture, age, income level and race can develop perinatal mood and anxiety disorders. One in every 7 mothers experience treatable depression or anxiety disorders within the first year after baby's birth.

first connections

This group supports all new parents who identify as mothers. Whether you are breastfeeding, bottle feeding, parenting solo, partnered or married, adoptive or biological, have one baby or more, you are welcome here. Sharing our range of experiences shows us how many ways there are to be a family. First Connections is a Mass. Dept. of Early Education & Care grant program. Additional funding for this group was received from Acton-Boxborough United Way, Concord-Carlisle Community Chest and Postpartum Support International.