

# New Moms Group

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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:



CONGRATULATIONS!

- 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
- 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
- Supportive around your feeding choices

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

**This group meets in person on the *first* Wednesday of each month, at  
Reuben Hoar Library, 35 Shattuck Street, Littleton  
Masks are required for all adults.**

**RSVP to: [imatthews@jri.org](mailto:imatthews@jri.org) to reserve one of 10 spaces.**

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.

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