

Groups for New Parents

New Mothers Support

Any parent who identifies as a mother with a pre-crawling baby is welcome to attend this ongoing, FREE weekly group held on **Wednesdays from 1:00-2:30**. Facilitated by Mary Beilman, CLC, this open discussion group is a forum for you to share experiences, connect with other new mothers, and seek guidance about any concerns you might have. Receive support around feeding and find out about community resources. Currently meeting via zoom, with a monthly in-person meeting at Littleton Library. Email mbeilman@jri.org for the link. Email lmattthews@jri.org to RSVP for the in-person group. Mary also offer an Older Babies (5-11 mos) parents group virtually on Wednesday mornings, with one week per month meeting at Boxboro library.

New Dads Group

The transition into fatherhood can be a complex one, full of joy, excitement, uncertainty, and stress around relationships and balancing work with family life. This group helps dads make connections with other fathers, gives them an opportunity to ask their own questions, exchange tips, and share their experience of parenthood. The group is facilitated by experienced dads, trained and supervised by First Connections. This FREE group currently meets virtually one **Tuesday each month from 7:30-9:00** pm. To be added to a monthly reminder email which includes periodically-scheduled short-term in- person events or groups for dads, email hobrien@jri.org

Emotional Wellbeing After Baby

A FREE support group that meets every **Thursday, 9:30-11:00**. Emotional challenges are the most common complication of pregnancy and childbirth, yet parents often feel isolated and ashamed if they are struggling. Parents experiencing anxiety or depression in the postpartum year can come together in this supportive, nonjudgmental, confidential group to share stories, learn from each other, and acquire coping skills. While this is an ongoing group, before attending for the first time please contact the facilitator, Heather O'Brien, LICSW, at hobrien@jri.org. Currently meeting via zoom, with one Thursday per month meeting in person in Acton. Individual assistance with finding a postpartum therapist can also be provided.

[CLICK TO REGISTER](#)



First Connections, a nonprofit, family support organization, provides comprehensive services to families with infants & young children in Acton, Bedford, Boxborough, Carlisle, Concord, Hanscom AFB, Harvard, Lincoln, Littleton, Maynard, Sudbury & Westford. Residency requirements do not apply to the above First-Year-of-Life programs. All new parents are welcome. To learn more or sign up for our newsletter go to: www.firstconnections.org. The above programs are LGBTQ+ friendly and welcome any person who identifies as a father or mother. 2023-2024 Funding for these programs is provided by the Emerson Health Determination of Need Community Mental Health Grant, Concord Carlisle Community Chest, and the Nordblom Family Foundation.