



NEW MOMS GROUP



Meeting virtually via Zoom on
Wednesday, 1:00-2:30 PM
Meeting in person once a month
Email mbeilman@jri.org for more information

A safe and nurturing group for mothers to share experiences, connect with others and ask questions. Professional facilitator brings expertise in:

- Lactation Consulting
- Sleep Management
- Infant Feeding
- Infant Massage & Sign Language

Groups are confidential and free of charge. Whether this is your first or forth baby, you are welcome to join. Babies 0-12 month also welcome.

Group support for emotional challenges. Facilitated by Emily Fiorini, MA, a Perinatal Mental Health counselor.

- Free
- Confidential
- Non-judgmental
- Learn Coping Skills
- Self-Care planning

For the link, email efiorini@jri.org or use QR code to request additional information.

EMOTIONAL WELLBEING AFTER BABY



For Parents with babies 0-12 months
Meeting virtually via Zoom on
Wednesdays 9:30-11:00AM
Ongoing

For parents experiencing anxiety, depression, trauma, OCD or who are feeling overwhelmed in the postpartum year.