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# Year of Life Support Group

This group is facilitated by Emily Fiorini, LMHC, a clinician specializing in the first year of life, with additional guest speakers.

Parents in the postpartum year can join this group to get support for their own emotional wellbeing, recovery, and transition into parenthood; baby's development; feeding and sleep support; and community resources.

**Meets Thursdays, 9:30-11:00  
via zoom, with 1 Thursday  
per month in person.**

**Email [efiorini@jri.org](mailto:efiorini@jri.org) for a  
weekly reminder and link.**

The FYOL group supports all new parents. Whether you are breastfeeding or bottle feeding, parenting solo, partnered, or married, an adoptive or biological parent, have one baby or more, you are welcome here!

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