

POSTPARTUM SUPPORT GROUP

Join us for a free weekly support group offered to new moms from birth through 6 months postpartum

ABOUT

Our free weekly postpartum support group provides a safe and supportive space for new moms to share their feelings and challenges as they navigate parenthood.

Sarah Bay, MSN, CNM, APRN, of St. Joseph Hospital OB/GYN & Midwifery, will be hosting this group in the [Community Room of Milford Medical Center](#), which is located on 442 Nashua Street in Milford, NH.

NEWBORN TOPICS

- ✓ Developmental milestones
- ✓ Feeding techniques & support
- ✓ Sleep pattern guidance

NEW PARENT TOPICS

- ✓ Mood & energy support
- ✓ Diet & body mechanics after delivery
- ✓ Setting boundaries as a new parent
- ✓ Preparing for life transitions including returning to work and utilization of childcare

UPCOMING SESSIONS

Sessions are held on the following Thursdays from 11:00am to 12:30pm.

JANUARY	FEBRUARY	MARCH	APRIL
✓ 1/11/24	✓ 2/1/24	✓ 3/7/24	✓ 4/4/24
✓ 1/18/24	✓ 2/8/24	✓ 3/14/24	✓ 4/11/24
✓ 1/25/24	✓ 2/15/24	✓ 3/21/24	
		✓ 3/28/24	

REGISTRATION INFORMATION

Although registration is not required, we encourage you to email us if you plan on attending so we can reserve your spot. Please contact:

Sarah Bay, MSN, CNM, APRN
St. Joseph Hospital OB/GYN & Midwifery
sbay@covh.org



SARAH BAY, MSN, CNM, APRN
ST. JOSEPH HOSPITAL
OB/GYN & MIDWIFERY



ST. JOSEPH HOSPITAL

A Member of Covenant Health