

# 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.

Hosted by our experienced midwifery team, this group will be held 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 & utilization of childcare

## UPCOMING SESSIONS

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

April	May	June	July
✓ 4/4/24	✓ 5/2/24	✓ 6/20/24	✓ 7/11/24
✓ 4/11/24	✓ 5/9/24	✓ 6/27/24	✓ 7/18/24
	✓ 5/16/24		✓ 7/25/24
	✓ 5/23/24		
	✓ 5/30/24		

## 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, of  
St. Joseph Hospital OB/GYN & Midwifery, at  
[sbay@covh.org](mailto:sbay@covh.org)



Sarah Bay,  
MSN, CNM, APRN



Rebecca Keller,  
MSN, CNM, APRN



Theresa Small,  
MSN, CNM, APRN



**ST. JOSEPH  
HOSPITAL**

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