

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 deliver
- 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:

October	November	December	January
• 10/10/24	• 11/7/24	• 12/5/24	• 1/2/25
• 10/17/24	• 11/14/24	• 12/12/24	• 1/9/25
• 10/24/24		• 12/19/24	
• 10/31/24		• 12/26/24	

Registration Information

Although registration is not required to attend this free group, 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



Sarah Bay,
MSN, CNM, APRN

 **ST. JOSEPH
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