



**COMMUNITY ACTION
FAMILY CENTER**

New Baby, New Feelings



A free, safe, confidential drop-in support group for birthing persons with infants during the postpartum months

EVERY FRIDAY

10:00AM - 11:00AM

90 FEDERAL ST, GREENFIELD MA

Giving birth and becoming a parent for the first time, or welcoming another addition brings new emotions, experiences and challenges in ways you never imagined.

Connect with other mothers and birthing persons during this time of isolation to get support and explore the range of feelings during the postpartum time.

This group is based on honesty, mutual respect, non-judgment & acceptance.

snacks and childcare provided

For more information call 413.475.1555



@capvfamilycenter

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