



**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**