

The Franklin County Postpartum Support Coalition presents

Circle of Moms: We Are All In This Together

A MotherWoman Group

FRIDAYS, 10:00AM-12:00PM

COMMUNITY ACTION FAMILY CENTER; 90 FEDERAL STREET, GREENFIELD MA



A free, safe, confidential drop-in support group for mothers of infants and toddlers

- Feel heard, valued, understood, nurtured & energized.
- Discuss managing the stress & adjustment to motherhood on all levels: physical, emotional & relational.
- A welcoming place for women with baby blues, postpartum stress, anxiety & depression.
- Come to a group based on honesty, mutual respect, non-judgment & acceptance.
- Learn strategies for balancing baby-care with self-care & coping with the day-to-day challenges of mothering.
- Led by MotherWoman-trained facilitators who are mothers and bring warmth, skill & experience to this work.
- Infants stay with mothers; childcare available for children up to age 4.

For more information:

Clinical and Support Options
Mareike Muszynki
mmuszynki@csoinc.org
413-774-1000
x2048

Healthy Families
Andrea Tomsho-Dexter
atomsho-dexter@communityaction.us
413-475-1566

NEAR BUS ROUTE · FREE SNACKS · FREE CHILDCARE
CALL FOR TRANSPORTATION SUPPORT

THIS PROGRAM IS FUNDED BY CLINICAL AND SUPPORT OPTIONS AND BAYSTATE FRANKLIN MEDICAL CENTER, WITH THE SUPPORT OF MOTHERWOMAN, COMMUNITY ACTION, AND PIONEER WOMEN'S HEALTH.

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