

MotherWoman

Postpartum Support Group: This Is Harder Than I Thought

TUESDAYS, 10:15AM–12:15PM

COMMUNITY ACTION BUILDING, UPSTAIRS RESOURCE ROOM, 56 VERNON ST., NORTHAMPTON



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.
- ◆ Facilitated by trained MotherWoman 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:
413-253-8990

ON BUS ROUTE · FREE SNACKS · FREE CHILDCARE

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MotherWoman
Empowering
mothers,
creating
community,
changing
the world

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