



NEW MOMS SUPPORT GROUP

A free, welcoming space for moms with infants and toddlers up to age three to connect, share, and support one another.

Facilitators:

- Wendy McGonigle, MSW
- Julie Mills, LICSW
- Supported by Lamprey prenatal nurse and certified lactation consultant
- OB provider and physician with lived parenting experience

When:

- Weekly on Wednesdays
- Starting May 27th
- 11:00am to 12:00pm

Cost:

- Free and open to all community members
- Sign-up encouraged but not required

Questions or to Sign up

 Julie Mills at 603-244-7309

 128 Route 27, Raymond NH



WHAT TO EXPECT:

- Weekly, no-cost group for new moms
- Guided by trusted Lamprey Health Care staff
- Focused on peer connection in a supportive, judgment-free environment
- Explore a variety of topics such as: stress, sleep, childhood development, and post partum mental health care
- A natural way to connect with community and Lamprey resources

Connection, understanding, and reassurance for new moms. Together, we strengthen families and build healthier communities.