

## Support Groups

Town	Information	Contact
Acton	<p>Emotional Wellbeing After Baby            Creating hope and connections for women struggling with the adjustment to motherhood, anxiety or depression in the postpartum year.            This is a free, ongoing group meeting at the First Connections office on Thursdays.            Babies welcome. Childcare available for older siblings, with advance notice. RSVPs requested.</p>	<p>First Connections            179 Great Road, Unit 104A            Acton, MA 01720            Contact First Connections at 978-429-8284 about the group or if you would like a home visit within our catchment area:            Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Lincoln, Littleton, Maynard, Sudbury, Westford.</p>
Amherst	<p>MotherWoman Group: Getting Real About Motherhood            Community, diversity, self-discovery. Share laughter and tears. Be inspired. It's all here. Expectant mothers welcome. This group is for pregnant through postpartum mothers of infants through preschoolers.             A free group with snacks and childcare provided up to age five.            This group follows the Amherst public school schedule and does not meet when the schools are closed or have delayed opening due to weather.</p>	<p>UMass Amherst Family Center            1200 N. Pleasant St, Amherst MA             For more info contact the Amherst Family Center, (413) 256-1145, <a href="mailto:afc@stuaf.umass.edu">afc@stuaf.umass.edu</a>   <a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>
Ashfield	<p>Hilltown Village Mothers' Group            Join mothers for a free, safe, confidential drop-in group for mothers of infants and young children. Expectant mothers welcome. Mothers are welcome in this space to say what is true for them about motherhood. Feel heard, valued, understood, nurtured and energized.            Free childcare is available for children up to age five.            This group follows the Mohawk Trail school schedule and will not meet when school is closed or delayed due to weather.</p>	<p>St. John's Corner House            469 Main St., Ashfield, MA             For more information please contact Anna Westley at (413) 625-6948 or <a href="mailto:Anna@MotherwellDoulaCare.com">Anna@MotherwellDoulaCare.com</a>   <a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>
Beverly	<p>MotherTalk            This group is facilitated by a lactation consultant. During each session new mothers explore any topic or issue about the transition to parenthood and questions that arise after going home. It is our goal to provide support, encouragement and advice so that each woman's mothering experience is positive and rewarding. You do not need to be a breast-feeding mom to enjoy this group. All aspects of mothering are discussed.</p>	<p>Beverly Hospital            Parent Education Department            85 Herrick Street            Beverly, MA             978.922.3000, ext. 2203   <a href="http://www.beverlyhospital.org/locations--services/health-services/maternity,-obstetrics/pregnancy-and-childbirth-support-groups">http://www.beverlyhospital.org/locations--services/health-services/maternity,-obstetrics/pregnancy-and-childbirth-support-groups</a></p>
Boston	<p>Great Expectations            This group is for women who are within a year postpartum (approximately), are challenged by frustration, anger, sadness, or worry, and would like to find support from women sharing a similar experience.            Meets on the 1st and 3rd Thursday of each month, 8-9pm            \$20/session</p>	<p>Maria Dolorico, MEd, BCC, CLC            A Mom is Born            581 Boylston Street, Suite 700B            Boston, MA 02116   <a href="http://www.amomisborn.com">www.amomisborn.com</a></p>
Chicopee	<p>Mothers Among Us            For mothers incarcerated at the Western MA Regional Women's Correctional Center (WCC)</p>	<p><a href="http://theprisonbirthproject.org/">http://theprisonbirthproject.org/</a></p>
Cummington	<p>A MotherWoman Group in Cummington            Join mothers for a free, safe, confidential drop-in group for mothers of infants and young children. Expectant mothers welcome. Mothers are welcome in this space to say what is true for them about motherhood. Feel heard, valued, understood, nurtured and energized.             Free childcare is available for children up to age four.            This group follows the Mohawk Trail school calendar - We will close for school holidays, vacations and weather closings.</p>	<p>Cummington Family Center            33 Main St., Cummington, MA             For more information please contact Stacey Mackowiak at (413) 634-8853 or <a href="mailto:smackowiak@yahoo.com">smackowiak@yahoo.com</a>   <a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>

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Gardner	<p>Community Birth/Loss Support Group First Thursday of each Month 7:00 – 8:30 p.m.</p> <p>Support Group for those who have experienced miscarriages, stillbirth, or the death of a newborn. Parents, families, and friends welcome. No fees or costs involved.</p>	<p>Heywood Medical Building The Conference Room 250 Green St. Gardner, MA 01440</p> <p>Contact: Jill Cormier, LCSW (978) 630-6383 <a href="http://www.heywood.org/education/calendar/community-birth/loss-support-group">http://www.heywood.org/education/calendar/community-birth/loss-support-group</a></p>
Greenfield	<p>Circle of Moms: We Are All In This Together Join mothers for a free, safe, confidential drop-in group for mothers of infants and babies who are experiencing a challenging postpartum time. Expectant mothers welcome. Feel heard, valued, understood, nurtured and energized.</p> <p>Free childcare up to four years old, snacks and parking. Runs year-round except during December, February, and April school vacation weeks. Call for transportation support.</p>	<p>Community Action Family Center 90 Federal St. Greenfield, MA</p> <p>Contact Mareike Muszynski (group co-facilitator) of CSO at (413) 774-1000 x 2048, <a href="mailto:mmuszynski@csoinc.org">mmuszynski@csoinc.org</a> or Andrea Tomsho-Dexter of Healthy Families, (413) 475-1566, <a href="mailto:atomsho-dexter@communityaction.us">atomsho-dexter@communityaction.us</a>.</p> <p><a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>
Hadley	<p>MotherWoman Postpartum Group: A Circle of Moms Join mothers for a free, safe, confidential drop-in group. For mothers of infants and babies up to one year old who are experiencing a challenging postpartum time. Expectant mothers welcome. Feel heard, valued, understood, nurtured and energized.</p> <p>Free childcare up to five years old, snacks and parking Runs year-round except during December, February, and April school vacation weeks. This group follows the Northampton public school schedule and does not meet when the schools are closed or have delayed opening due to weather.</p>	<p>MotherWoman Office 220 Russell St. (Rt. 9), Hadley, MA</p> <p>Contact Annette Cycon at (413) 387-0703 or <a href="mailto:annette@motherwoman.org">annette@motherwoman.org</a></p> <p><a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>
Holyoke	<p>MotherWoman Postpartum Support Group Join mothers for a free, safe, confidential drop-in support group for mothers of infants and babies up to one year old. Expectant mothers and mothers in recovery welcome.</p>	<p>Midwifery Care of Holyoke 230 Maple Street, Holyoke, MA</p> <p>For more information, contact (413) 534 – 2700</p> <p><a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>
Holyoke	<p>New Parents Support Group Designed for new parents and babies up to one year, the group meets on Thursday mornings at 10 am. There is no charge. Opened to all moms. Tuesdays at 5pm</p>	<p>Baystate Health Education Center, 361 Whitney Ave., Holyoke, MA BRL Conference Room</p> <p>Call 413-794-BABY (794-2229) <a href="http://www.baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Obstetrics+%26+Gynecology/Birthing+Center+-+Obstetrics+%26+Family+Medical+Center/Baystate+Medical+Center+Birthing+Services/Childbirth+Classes+%26+Parent+Education/After+Baby+is+Born">http://www.baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Obstetrics+%26+Gynecology/Birthing+Center+-+Obstetrics+%26+Family+Medical+Center/Baystate+Medical+Center+Birthing+Services/Childbirth+Classes+%26+Parent+Education/After+Baby+is+Born</a></p>
Hyannis	<p>Hospice &amp; Palliative Care of Cape Cod Support services for infancy and pregnancy loss.</p>	<p>Please call Aimee Rozum, LMHC ATR-BC at 508-957-0267</p>
Ipswich	<p>Birth to Three Parenting groups and a postpartum depression working group</p>	<p>15 Market St. Ipswich, MA 978-412-0123</p> <p><a href="http://www.birthtothreeipswich.org/">http://www.birthtothreeipswich.org/</a></p>

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Leominster	<p>Welcome to Motherhood This group offers a chance for new moms to find new friends, receive peer support and get current information on infant development and nutrition. Even if you did not deliver your baby at HealthAlliance Hospital you can still be a part of this group. Wednesdays, 10:30 am to noon</p>	<p>UMass Memorial Health Care Leominster Campus, Entrance I, first room on right  978-466-2346 <a href="http://www.umassmemorialhealthcare.org/healthalliance-hospital/patients-visitors/support-groups/welcome-motherhood-support-group#sthash.bs3DVx69.dpuf">http://www.umassmemorialhealthcare.org/healthalliance-hospital/patients-visitors/support-groups/welcome-motherhood-support-group#sthash.bs3DVx69.dpuf</a></p>
Longmeadow	<p>New Parents Support Group Designed for new parents and babies up to one year, the group meets on Thursday mornings at 10 am. There is no charge. Opened to all moms. Thursdays at 10 am</p>	<p>Baystate Health Greenwood Center, 231 Maple Road Longmeadow, MA Call 413-794-BABY (794-2229), 8:00 a.m. - 5:00 p.m. <a href="http://www.baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Obstetrics+%26+Gynecology/Birthing+Center+-+Obstetrics+%26+Family+Medical+Center/Baystate+Medical+Center+Birthing+Services/Childbirth+Classes+%26+Parent+Education/After+Baby+is+Born">http://www.baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Obstetrics+%26+Gynecology/Birthing+Center+-+Obstetrics+%26+Family+Medical+Center/Baystate+Medical+Center+Birthing+Services/Childbirth+Classes+%26+Parent+Education/After+Baby+is+Born</a></p>
Lowell	<p>MOMS CONNECTED: A MotherWoman Facilitated Group South Bay Early Childhood is now offering a welcoming space for moms to be and parenting moms d Beginning: 9/9/16 Fridays 9am-10am</p>	<p>South Bay Early Childhood 148 Warren Street Lowell, MA  Contact: Kelly Petravicz, M.Ed, CEIS or Marcie Graham, LICSW at 978-452-1736</p>
Lynn	<p>MotherWoman Group: What You Didn't Expect When You Were Expecting Description &amp; Schedule: Talk with other moms about: • the adjustment to motherhood at all levels • balancing day-to-day self and baby care • the range of feelings from depression, anxiety, or feeling overwhelmed to love &amp; joy A free, drop-in support group for English-speaking pregnant women and mothers up to 1 year postpartum. Play area for toddlers and preschoolers, we are sorry that childcare is unavailable. Free snacks and on bus route. A partnership with Lynn Community Health Center and Lynn Economic Opportunity Weekly Wednesdays 9:15-10:30 am, starting 11/19/14</p>	<p>Sarah Heaton, Psy.D. SHeaton@lchcnet.org 781-691-7096, 781-715-6244 Fee/Payment: Free 35 Waitt Ave Stepping Stones Family Childcare Center Lynn, MA 01902</p>
Manchester, N	<p>Postpartum Emotional Support Group A mother-to-mother support group facilitated by a healthcare provider. We discuss issues and coping strategies related to the adjustment period and challenges of new motherhood, along with how to take care of ourselves and nurture our own relationships in the context of now having very little time to do so! The group meets weekly on Mondays 10:30 AM – 12:00 PM.</p>	<p>Meets in the activity room of the Elliot Childcare Center, located on the Elliot Hospital campus at 450 Massabesic St., Manchester, NH  Please contact Alison Palmer, RN, MS, WHNP-BC with any questions related to this group: 663-8927 or palmer1@elliott-hs.org  <a href="http://elliotohospital.org/website/wcc_support.php">http://elliotohospital.org/website/wcc_support.php</a></p>
Newton	<p>Balance After Baby This group will share and discuss the highs and lows of parenting a young baby, skills for stress and anxiety reduction, and learn how to access community resources. Participants will gain support from each other and a professional facilitator. Eight-week series meeting for 90 minutes. Wednesdays from 10:30 am-12:00 pm. For moms with babies up to 1 year old.</p>	<p>The Freedman Center at William James College One Wells Ave (Ground Floor) Newton, MA 02459 <a href="http://www.williamjames.edu/community/freedman-center/balance-after-baby.cfm">http://www.williamjames.edu/community/freedman-center/balance-after-baby.cfm</a></p>

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North Reading	<p>Postpartum Support Group            Meet with a small group of other moms and a specialized clinician to find support while you cope with Postpartum Adjustment, Depression and/or Anxiety.            When: Wednesday mornings from 10:00 AM -11:30 AM April 8, April 22, and May 6 2015            \$75 for the 3 sessions</p>	<p>Stork Ready            325 Main Street            North Reading              Led by Leslie McKeough, LICSW            781-507-2025            lamckeough@gmail.com</p>
Northampton	<p>Mom's Night Out            This is a new evening MotherWoman Group: join mothers for a free, safe, confidential drop-in group. For pregnant through postpartum mothers of infants and children (through preschool age) who are experiencing a challenging postpartum time.            Expectant mothers welcome. Feel heard, valued, understood, nurtured and energized.              We are sorry that childcare is unavailable; babies-in-arms are welcome.            This group follows the Northampton public school schedule and does not meet when the schools are closed.</p>	<p>Grow (3rd fl, Thornes Marketplace)            150 Main St., Northampton, MA              For more information contact Grow at (413) 341 - 5285 or see Grow's Website    <a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a></p>
Northampton	<p>Beyond Birth: A Gathering of New Parents and their Babies (up to four months of age)            Held weekly on Thursday from 1 to 3 pm in the Midwifery Center Community Room. This group is free; registration is not required.</p>	<p>Cooley Dickinson Hospital            30 Locust St. (Route 9)            Northampton, MA              See more at: <a href="http://www.cooley-dickinson.org/main/parent-education-classes.aspx#sthash.6eaLrSCG.dpuf">http://www.cooley-dickinson.org/main/parent-education-classes.aspx#sthash.6eaLrSCG.dpuf</a></p>
Norwell	<p>Postpartum group</p>	<p>Kristin Penza            80 Washington St, Suite C-17            Norwell, MA 02061            781-264-8953</p>
Online	<p>Postpartum Depression Support Group</p>	<p><a href="http://www.ppdsupportpage.com">http://www.ppdsupportpage.com</a></p>
Online	<p>For fathers</p>	<p><a href="http://www.postpartumdads.org/">http://www.postpartumdads.org/</a></p>
Plymouth	<p>Parenting Birth to Birthday            Parenting Birth to Birthday is a series of four classes held every Tuesday morning from 9:30 a.m. to 11:30 a.m. Classes cover childcare, illness, nutrition, sleep habits, infant growth, development and lifestyle changes. Parents and infants are invited to attend as soon after birth as they wish.</p>	<p>BID-Plymouth Hospital            275 Sandwich Street            Plymouth, MA 02360            Registration is required by calling 508-830-2236  <a href="http://www.bidplymouth.org/body.cfm?xyzpdqabc=0&amp;id=14&amp;action=detail&amp;ref=11">http://www.bidplymouth.org/body.cfm?xyzpdqabc=0&amp;id=14&amp;action=detail&amp;ref=11</a></p>
Plymouth	<p>Parent Support Group</p>	<p>Family Education            196 South Meadow Road,            Plymouth, MA            508-746-0333  <a href="http://www.southshorepostpartum.org/resparents.aspx">http://www.southshorepostpartum.org/resparents.aspx</a></p>
Providence, RI	<p>Postpartum Adjustment Group            For those women who are experiencing stress, anxiety or depression after the birth of their baby, this group meets the first and third Tuesday of the month from 6pm-8pm in the Health Education Department</p>	<p>Women &amp; Infants Hospital            Health Education Department            100 Dudley Street            Providence, RI            For more information call the Warm Line at 800-711-7011.  <a href="http://www.womenandinfants.org/healtheducation/support-groups.cfm">http://www.womenandinfants.org/healtheducation/support-groups.cfm</a></p>

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Rockland	North River Collaborative Family Network Parenting groups	Jefferson School, 93 George Street, Rockland, MA 02370 Contact Rosemary Chretien, M.Ed. at 781-681-9736  <a href="http://northrivercollaborative.org/dotnetnuke/northriver/en-us/studentfamilyservices/familynetwork.aspx">http://northrivercollaborative.org/dotnetnuke/northriver/en-us/studentfamilyservices/familynetwork.aspx</a>
Springfield	Children Play and Parents Learn Weekly support for anyone parenting a child including grandparents, mothers, fathers or foster parents. This group provides a safe confidential environment where parents are able to express their successes and challenges of being a parent.	Square One 1095 Main Street, FL2 Springfield, MA 01103 (413) 732-5183  <a href="http://www.sdn.org/content/parents-helping-parents">http://www.sdn.org/content/parents-helping-parents</a>
Waltham	“This Isn’t What I Expected” The Center for Early Relationship Support® offers a free, weekly support group for mothers suffering from depression or anxiety. They provide moms with an opportunity to meet in a nurturing environment. Tuesdays, 1:00 – 2:30 p.m FREE. Registration preferred. Walk-ins welcome.	JF&CS Headquarters 1430 Main Street, Waltham, MA For more information, please contact Debbie Whitehill at <a href="mailto:dwhitehill@jfcsposton.org">dwhitehill@jfcsposton.org</a> or 781-647-JFCS (5327) x1925.  <a href="http://www.jfcsposton.org/NewsEvents/ViewArticle/tabid/260/smid/722/ArticleID/55/reftab/285/Default.aspx">http://www.jfcsposton.org/NewsEvents/ViewArticle/tabid/260/smid/722/ArticleID/55/reftab/285/Default.aspx</a>
Weymouth	Transitioning into Motherhood A support group for new mothers facilitated by Registered Nurses with years of experience caring for women and families during the childbearing years.  Groups meet the 2nd and 4th Wednesdays 6:30-7:30pm Free of charge	South Shore Hospital 51 Performance Dr Weymouth Woods—Entry Two Weymouth 781-624-3704  <a href="http://www.southshorepostpartum.org/resparents.aspx">http://www.southshorepostpartum.org/resparents.aspx</a>
Wilbraham	MotherWoman Postpartum Support Group: Pathways for Moms This is harder than I thought! Face the challenges of being a parent with a safe, confidential support group for mothers with an infant up to 12 months.	Scantic Valley YMCA 45 Post Office Park, Wilbraham, MA  For more information, contact Pathways for Parents at (413) 583 - 3527 or <a href="mailto:pathwaysforparents5@gmail.com">pathwaysforparents5@gmail.com</a> . <a href="http://www.motherwoman.org/groups/">http://www.motherwoman.org/groups/</a>
Worcester	Community Birth/Loss Support Group Third Thursday of each Month 7:00-8:30 PM  Support Group for those who have experienced miscarriages, stillbirth, or the death of a newborn. Parents, families, and friends welcome.	UMass Memorial Conference Room, Mem 1 119 Belmont Street Worcester, MA 01605  Contact: Elena Coffey, MA LCSW (508) 334-8567
Worcester	Postpartum Support Group Day/Time to be determined  Screening for next group. All insurances accepted except Celtic Care by MassHealth	UMass Memorial Medical Center Outpatient Psychiatry Women’s Health 361 Plantation Street Worcester, MA 01605  Contact: 1-508-334-5101