

Mother to Mother

A MotherWoman facilitated support group

Free for pregnant and postpartum mothers with children 0—5 years

Talk with other moms about:

- The adjustment to motherhood
- Balancing day to day self and baby care
- The range of feelings experienced as new moms and as children grow



Groups are:

- Safe & confidential spaces where moms can speak the truth about motherhood
- A place to feel heard, understood, nurtured and validated
- Facilitated by trained MotherWoman leaders, who are mothers and bring warmth, compassion and experience to the group

Square One's Family Square

1095 Main Street

Springfield

Every Wednesday, 12 - 1:30 p.m.

For more information call 413-858-3122

♥ Light refreshment provided ♥ Childcare provided ♥ On bus route



**Baystate
Medical Center**
baystatehealth.com

