



**COMMUNITY ACTION  
FAMILY CENTER**

# NEW BABY, NEW FEELINGS

## NOW IN PERSON!

A free, safe, confidential drop in support group for mothers with infants.



**EVERY 2ND AND 4TH FRIDAY**

**10:30AM - 11:30AM**

**AT SHATTUCK PARK IN GREENFIELD**

Becoming a parent brings new emotions, experiences and challenges in ways you never imagined!

Connect with other moms during this time of isolation to get support and explore the range of feelings during the postpartum time. This group is based on honesty, mutual respect, non-judgement & acceptance.

For more information and to get connected to the group call 413.475.1555 or scan the code.



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