



VIRTUAL SUPPORT GROUP

New Mother's Support Group of the Merrimack Valley

We are all going to need a support network during the COVID-19 outbreak, especially new mothers. This is a virtual support group for us. Join local moms and dedicated professional facilitators from South Bay Community Services and Lowell General Hospital.

- Connect with other new mothers
- Get your questions answered on infant basics, feeding practices, postpartum emotional health, and more
- Get connected to local resources

EVERY TUESDAY, 10:00 AM - 11:30 AM

ZOOM VIRTUAL MEETING - USE A COMPUTER OR SMART PHONE

[HTTPS://ZOOM.US/J/835628524?](https://zoom.us/j/835628524?)

PWD=BG9SMJHNBZZOELP2UEVMYNR4EWPEUT09

NO PASSWORD REQUIRED

Starts Tuesday, March 31, 2020

For more information, please contact Kate at kdm.elkins@gmail.com