

Boston Area

FREE Postpartum Support Groups

Acton

Emotional Wellbeing
After Baby

at **First Connections**
Mondays, 10-11:30am, ongoing group
Before attending for the first time, please
contact Laurie Ganberg, LICSW
at lganberg@jri.org or 978-429-8284.
<http://bit.ly/ActonPPD>

Newton

Balance After Baby

at the **Freedman Center**
Wednesdays, 10:30am-12pm, 6-sessions
Online preregistration is required
617-332-3666
<http://bit.ly/NewtonPPD>

Waltham

This Isn't What
I Expected

at **Jewish Family & Children's Service**
Tuesdays, 1-2:30pm, ongoing group
Registration preferred, walk ins welcome.
Contact Debbie Whitehill, LICSW
at dwhitehill@jfcsboston.org or
781-647-5327 x1925
<http://bit.ly/JFCS-PPD>