

Free Groups for Pregnant and Parenting People

<i>Day</i>	<i>Group</i>	<i>Time</i>	<i>What it is</i>	<i>Zoom Link or more info</i>	<i>Host</i>
Monday	Baby & Me: <i>Parent Group</i>	1-2 pm	A facilitated drop-in parent group that uses the GPS peer-support model.	https://partners.zoom.us/j/845736501	Grace N.
Tuesday	New Beginnings: <i>Parent Group</i>	2:30-3:30pm	Postpartum support and parenting group for folks in recovery from substance use.	https://partners.zoom.us/j/3273427781 Questions? Contact Amy at awalker15@cooleydickinson.org	Amy W.
Wednesday (sometimes Thursday if weather is better (follow Facebook page))	Beyond Birth and Over the Hump: <i>Parent Group</i>	10:30-12:30 in-person meet-up at Childs Park or Look Park	Childs Park: Meet across from Northampton High School. Look Park: Meet by the tennis courts.	For up-to-date info join the Facebook group: Beyond Birth and Over the Hump: https://www.facebook.com/groups/490926341608982	Ann B.
Wednesday 6-8 pm, or Thursday 9-11am	Group Prenatal Care	Two-hour groups include your prenatal check-up, group discussion, and activities.	A chance to discuss common experiences of pregnancy and learn from each other, and to ask questions.	To sign up : send an email to obgynmidwiferyprograms@cooleydickinson.org with your due date, and partner's email (if they will participate as well). Groups meet every other week for 6 sessions, your due date will fall within the same 6 weeks as the other folks.	Rotating midwives and Grace N.
Friday	Baby & Me: <i>Parent Group</i>	10-11am	A facilitated drop-in parent group that uses the GPS peer-support model.	Baby & Me, Fri. 2-3 & Mon. 10-11 https://partners.zoom.us/j/845736501	Grace N.