



## New Moms' Connections

**Come try our FREE and informal discussion group for moms with new babies!**

Being a new parent can be fabulous and frustrating! Join other new moms to share the joys and challenges of your new role.

The New Moms' group offers an opportunity to meet and network with other new moms. During this group you can-

- weigh your baby
- relax in a comfortable space
- connect with local resources
- meet other moms
- discuss common concerns

### **Support Group meetings:**

Every Monday  
11 a.m. to 12:30 p.m.

### **Location:**

Community Health Education Center  
939 Oak St SE, Building D

### **Cost:**

Free

### **For more information:**

call 503-814-2432

**Babies not yet crawling are welcome to come with their moms.**

**Facilitated by a nurse educator.**

