



Mount Auburn Hospital invites you to our
POSTPARTUM SUPPORT GROUP

Find support and connection during an overwhelming time.
Join us to talk parenthood and make new friends.

Virtual:

When: Tuesdays, 11:00 AM-12:30 PM

Where: Join us on [Zoom](#)

In-Person

When: Tuesdays, 1:30 PM-3:00 PM

**Where: 1st Floor Conference Room
355 Waverley Oaks Rd, Waltham.**

- ◆ Midwife facilitator
- ◆ Connect with other new parents
- ◆ Guest speakers can include: Pelvic floor specialists, lactation consultants, postpartum doulas, yoga instructors and more.

OPEN to ALL NEW PARENTS

Regardless of place of birth or OB care provider

To join the group or for more information, please email:

ppsg@mah.org