

# ***Mother- to- Mother Postpartum Adjustment Group***



***Feeling sad, worried,  
overwhelmed, afraid to  
be alone, depressed?***

- Come be with other mothers who know what it's like.
- Get ideas and support in a non-judgemental, caring, group.
- Led by women trained in birth and postpartum care.



**Date:** Tuesday mornings  
**Time:** 10:00 - 11:30am  
**Place:** Community Campus, Portsmouth  
**Cost:** Free!  
**Child care:** Free for older siblings with advance signup.  
**More info:** [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)  
**Advance signup required!** Call 207-363-1379 or 422-8208 (x-123)



Families First is a nonprofit agency providing a broad range of health care and family support services. Parenting classes, family programs, children's programs and support groups at Families First are made possible by: State of New Hampshire, Foundation for Seacoast Health, United Way of the Greater Seacoast, Rockingham County Incentive Funds, Portsmouth Regional Hospital, NH Children's Trust Fund, Wheelabrator Technologies, Citizens Bank Foundation, Portsmouth Community Development Block Grants, Fuller Foundation, American Culinary Federation and Target.