

Support & Healing for New Moms:

A Drop-in Group for Mothers & their Children

*Being a Mom can be overwhelming & stressful.
We can feel tired, anxious, self-critical, & isolated.
You are not alone!*

*Join us for our weekly support group in a welcoming, safe,
judgment-free environment.*

- * **Mondays, 5:00 - 6:00 pm on Zoom**
- * Free to all
- * Contact group leaders for more info:
 - * Suzan Scharr, RN, IBCLC: sdscharr@gmail.com 508-524-3651
 - * Lianne Carbone: lianne.carbone@gmail.com
 - * **Join Zoom Meeting**
<https://us02web.zoom.us/j/84869396577?pwd=RkVwN1hvZ00wRW8zVkhQQ2FhWnFjdz09>
Meeting ID: 848 6939 6577 Password: 260813
- * Sponsored by the Mass. PPD Fund, Kelley Foundation, Cape Cod Children's Place, Cape & Islands Maternal Depression Task Force, and Cape Cod Church.

