



# Support Groups for Pregnancy, New Moms and New Parents

Inova Well

## Reasons to participate:

- Join and participate for free
- Meet other parents and babies
- Create a new support network
- Share experiences to help others
- Get support and resources
- Listen and connect with guest speakers

All sessions are hosted by an experienced maternal-infant educator.

All groups are currently being held virtually.



[Click here](#) or scan  
the QR code for  
registration links.

## New Moms Support Groups

Thursdays at 11 a.m.

Fridays at 12:30 p.m.

## Moms Returning to Work

Second Saturday of the month at 10 a.m.

## New Parents Group

Wednesdays at 6 p.m.

## Pregnancy Support Groups

### *Moms only*

First Monday of the month at 6 p.m.

### *Moms and support person*

Third Monday of the month at 6 p.m.