



Free In-Home

# FamilySupport



First Connections offers nonjudgmental, short-term support that meets families where they are—at home. Home visits are provided by Lactation Counselor Mary Beilman or social workers Heather O'Brien and Nancy Nephew, all of whom have experience working with postpartum moms and families. Families can request a home visit for concerns including

- ◆ Stressors in anticipation of an impending birth
- ◆ Postpartum adjustments for either parent
- ◆ Breastfeeding challenges and questions
- ◆ Sibling adjustment to a new baby
- ◆ Developmental issues in children  
(such as challenging behaviors and sleep)
- ◆ Connection to community resources and support

Families who are expecting or who have at least one child age 8 or younger and live in Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Lincoln, Littleton, Maynard, Sudbury or Westford are eligible.

**For more information or to request a visit contact First Connections**

**For visits requiring lactation support email: [mbeilman@jri.org](mailto:mbeilman@jri.org)**

**For visits concerning postpartum adjustment email: [hobrien@jri.org](mailto:hobrien@jri.org)**

**Or call us at 978-429-8284**

First Connections is a Mass. Dept. of Early Education and Care Coordinated Family and Community Engagement grant program providing free family support and education through support groups, playgroups, parent-child activities, parent education, consultations, resources and referrals. We receive additional financial support from community-based funding sources for our First-Year-of-Life services. For information on all of our services or to sign up for our quarterly newsletter, see: [www.firstconnections.org](http://www.firstconnections.org)



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