



**First Connections** is a non-profit family resource center located in Acton. We strive to equip parents of children birth through school age with tools and knowledge, practical strategies, and a healthy dose of humor to guide you through the first years of the parenting journey.

## Free Information on Programs for Parents of Children Age 0-8

Please check off what programs or services you are interested in:

### GROUPS

- First Time Mothers Group** – A 6-week supportive, topic-based group for first time mothers and their babies. This group begins every 6-8 weeks throughout the year.
- New Mothers Group** – A collaboration between First Connections and Emerson Hospital, this group meets weekly in Concord. This open discussion group is open to all new mothers and their non-crawling babies.
- Emotional Wellbeing After Baby** – Emotional challenges are the most common complication of pregnancy and childbirth, yet mothers often feel isolated and ashamed if they are struggling. Women experiencing anxiety or depression in the postpartum year can come together in this supportive, nonjudgmental, weekly group to share and learn from each other. Childcare available for older children with advance notice.
- New Dads Group** - meets monthly on Tuesday evenings. Geared toward dads with babies 12 months and under. Please include dad's email address for monthly reminder and notification of topic.
- Developmental Playgroup for ages 3 months to 5 years** – Weekly, includes circle time, connection with other new moms and dads, child development topics. Held in a local community near you.
- Working Parents Playgroup** – held in 8-week sessions for moms and dads with children under age 2.

### HOME VISITING

- First Connections can provide home visits in our service area, for expectant or new parents who have questions or concerns about postpartum adjustment, infant development or sibling adjustment issues in Acton, Bedford, Boxborough, Carlisle, Concord, Harvard, Littleton, Lincoln, Maynard, Sudbury, Westford and Hanscom AFB. *If you live elsewhere, we may be able to connect you with another home visiting service.*

### RESOURCES

- First Connections' **email newsletter** is sent out approximately 4 times a year. Learn about programs, workshops, playgroups and other community resources.
- Child Care Assistance** – First Connections can send you information on child care subsidies available in Massachusetts, including eligibility criteria.
- Child Care Listings** – We can send you an up-to-date listing of local child care providers.
- Parent Associations or CFCE** – We'll send you information on a local Parent Association group (in most towns), or the CFCE program serving your town if you are not in our catchment area.
- Therapists** – a list of local therapists who specialize in helping parents who are experiencing feelings of sadness, anxiety or other pregnancy or postpartum challenges.



Parent's Name: \_\_\_\_\_

Children (names/ages): \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone (optional) \_\_\_\_\_ Email (required for newsletter) \_\_\_\_\_

Fax this form to 978-429-8690, mail to 179 Great Rd., Acton, MA 01720, or email info to [imatthews@jri.org](mailto:imatthews@jri.org)