

## New Parent Support Groups at Jefferson Abington Hospital



### **New Mom Support Group**

*Held online via Zoom*

Tuesdays - 10 to 11 a.m.



This new parent support group is for birthing parents and babies from newborn to six months old.

Contact: [Mary.Shanahan@jefferson.edu](mailto:Mary.Shanahan@jefferson.edu)



### **DadLab Support Group**

*Held online via Zoom*

Tuesdays - 6:30 to 7:30 p.m.



A monthly virtual peer mentoring forum helping new dads manage shifting life priorities.

Contact: [Mary.Shanahan@jefferson.edu](mailto:Mary.Shanahan@jefferson.edu)



### **Breastfeeding Support Group**

*Held in-person*

Fridays - 10 to 11 a.m.



This is a monthly in-person group for new moms and babies to receive support during the breastfeeding journey.

Contact: [Christine.Ilik@jefferson.edu](mailto:Christine.Ilik@jefferson.edu)

[JeffersonHealth.org/ParentEducation](https://JeffersonHealth.org/ParentEducation)

Revised 11.15.23