

New Moms – New Babies

A Support Group for New Mothers
Connect with other moms to share the joys and challenges of new motherhood.

With group discussions we will address postpartum issues such as:

- Sleep deprivation.
- Breastfeeding, including getting started, how and when to pump, weaning and more.
- Body image issues.
- Staying at home or working outside the home.
- Childcare issues.
- Balancing baby's needs with family needs.
- Functioning without personal space.
- Postpartum depression.

This support group is free and no registration is required.

The group meets every Wednesday 12 to 2 p.m.

Location:

**RWJ Fitness & Wellness Center -
RWJUH Community Education Room (2nd Floor)
100 Kirkpatrick Street
New Brunswick, NJ 08901**

*****Current hospital protocol require all to wear surgical masks.**

Note: If parking in RWJ & Wellness Fitness Center proceed to level 3 or 4 of the parking deck – take elevator to Floor 2. Levels 3 and 4 are for 3 hours parking. Bring your parking ticket with you for Free 3-hr parking.

Facilitator: Olga Emerson MS, RN, IBCLC – Registered Nurse & International Board Certified Lactation Consultant

For more information call: 732-253-3871

**Robert Wood Johnson
University Hospital**

**RWJBarnabas
HEALTH**

Let's be healthy together.

