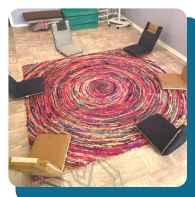


# Empowering Moms Program: New Moms Groups



The Empowering Moms program includes weekly small groups and virtual calls for new moms. These are safe spaces to ask questions, talk about your experiences, and help you feel more confident. Our community support aims to help parents find lasting connections and transitional support. Calls are open to non-local moms and groups are being added in the greater Pittsburgh area.

## OUR GROUPS AND CALLS ARE OPEN AND AVAILABLE TO ALL WHO IDENTIFY AS MOM.



### GENERAL OPTIONS:

- **Weekly Call through Zoom for moms in the first year of parenting.** This can be joined from work if able, or from whichever state you reside in. We have had moms join from the hospital, from extended family, from work, while on a walk, while feeding, rocking, or passing the baby off to someone else. You can decide.
- **Weekly New Moms Groups:** This is open to birthing, non-birthing, adoptive, foster, and surrogate moms who have a baby under one year. We do have some groups that are geared toward mobile babies, but we are flexible too. Come where and when you can. We have had moms come while their baby is with a caregiver, but it is most common to go with your baby.
- **Monthly Moms Night Groups:** Some groups may vary but offer opportunities to connect with the community. We welcome the working mom, the mom with multiple kids at home, and the expecting mom.
- **Monthly Expecting Moms Night Group:** This group is for pregnant moms or expecting a baby through adoption or surrogacy. We also welcome those pregnant after fertility treatments. We discuss everything related to preparing for a baby and birth preparation based on participants' needs.

### LOGISTICS:

- Please RSVP ahead of time. Due to some location distances, we may need this to be completed an hour before the start time. Please feel free to cancel if you need to. Email Megan if you have difficulty with registration.
- You can come late, just aim to be as close as possible - we understand that babies are unpredictable and not "by the clock." You can also arrive usually 20 minutes before the group if that aligns with feeding schedules.
- **Zelienople Parking:** You can find a lot at the corner of Main and Spring Street, just a little south of our center. Or you can park on the street. All parking is free.
- **Bellevue Parking:** You can park on the street or the lot across the street from Scoops and diagonal to Joy in Movement Yoga. Parking meters are one quarter for one hour.



[linktr.ee/empowermoms](https://linktr.ee/empowermoms)

### Empowering Moms Program

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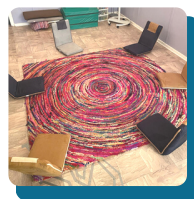
[www.intotocommunity.org](http://www.intotocommunity.org)



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## WHAT TO EXPECT TO FEEL MORE PREPARED:

- During our New Moms Groups, we usually sit on floor chairs with good back support. There is an available mat for the baby to lay on as needed or desired.
- Moms can bring a blanket to put on the mat, and changing items or feeding items needed.
- If you bring a stroller, you can "Park" it in the building outside of the group space.
- We have coffee, tea, water, and granola bar-type snacks available for participants.
- Car seats are encouraged to be moved outside of the circle to encourage more space for us.
- If you'd like to have a support person drive/come with you for your first time(s), we understand!
- Your baby is allowed to do what babies do: Fuss, Cry, Poop, Toot, Scream, Sleep, Play, etc.
- Wear what you want! You deserve to be comfortable and there aren't expectations. PJs, leggings, you do you.
- We have extra supplies on hand! Diapers, burp cloths, pads for mom, etc.
- We can watch or hold your baby during the group if you need to run to the restroom.
- During calls, mute your mic if there is a lot of background baby noise. It is asked you be in a private space. Please be on video when able to engage in the group conversation.
- Moms can feed in any way needed during group/calls. We have hot water to warm bottles if needed and refrigeration if needed. We have nursing pillows if needed. You can choose to cover or not. Many moms appreciate this opportunity to practice feeding outside of the home; our floor chairs are accommodative for this. If you need to pump, you can do so in the same room or private space.
- If you can't sit on floor chairs, due to mobility, please let the facilitator know by email or at the time of arrival. We will always do our best to accommodate any known needs.
- Group topics are participant-directed and the facilitator will help to direct the flow of conversation. Share topics that have been on your mind, new-parent challenges, or questions you don't want to google. We welcome this time to focus on your experiences and needs!
- We check in with each participant to introduce themselves and share any topics or questions.



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