

NEW PARENTS SUPPORT GROUP



Thursday mornings at 9am!

Our FREE support group provides a safe and nurturing space for parents with their babies (birth to one year) to talk about the daily life of being a parent, give and receive support, ask questions, and build a parent community.

This group is a weekly drop-in group. You are welcome to drop-in anytime and stay as long as you want! The group will be facilitated between 9am - 10am by Lee Racabi, a fellow parent and developmental specialist. You are welcome to stay after group to socialize and hang out with other parents.

The group will meet at The Nook at The Shops at Ithaca Mall, two doors down from the food court.