



Mother's Circle

New Mom Support Group

Have you ever found yourself thinking
“this is not what I expected...”?

Motherhood is messy business and although there is much joy, not every moment is enjoyable!

We welcome moms in the third trimester of pregnancy through the first year after birth of your baby to join us in a supportive, non-judgmental environment to share in the good, the challenges and the in-betweens of being a new mom. Newborns and siblings up to one year old are welcome.

Second & Fourth Tuesday of each month

10:00am – 11:00am

SMHC | 1 Medical Center Drive, Biddeford
Webber Building | 2nd Floor Conference Room

FMI: Sarah (207) 294-8331 or Janet (207) 490-7912