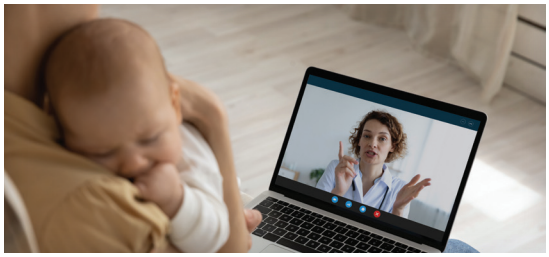
Free Programs for New Parents



NEW PARENT SUPPORT GROUP: In-Person

Mondays from 1:15–2:45 p.m. | Capital Health Medical Center – Hopewell, 3rd Floor Conference Room, One Capital Way, Pennington, NJ 08034

This support group is designed for new parents with babies under one year old. We'll cover topics such as infant care, feeding, sleeping, postpartum recovery, and more. You are encouraged to bring your baby and partners or other support people are more than welcome to join as well. This group is led by a certified childbirth educator and postpartum doula from Capital Health's Childbirth Education team. Registration is encouraged but not required.



NEW PARENT SUPPORT GROUP: Virtual

Tuesdays in Spanish from 3–4 p.m.
Fridays in English from 10:30–11:30 a.m.

This support group is designed for new parents with babies under one year old and will cover topics such as infant care, feeding, sleeping, postpartum recovery, and more. This group is led by a certified childbirth educator and postpartum doula from Capital Health's Childbirth Education team.



BLACK MAMAS BREASTFEEDING CLUB: Virtual

Thursdays at 6 – 7 p.m.

A safe, supportive, and empowering space for Black mothers on their breastfeeding journey. Whether you're expecting, a new mom, or experienced in nursing, this group is here to uplift, educate, and encourage you through shared experiences, culturally competent resources, and sisterhood. We are here to support all varieties of breastfeeding. Speak to an International Board Certified Lactation Consultant, who will answer your questions. Together, we celebrate the beauty, strength, and resilience of Black motherhood—one feeding at a time. To register, please contact Felicia Patten at fpatten@capitalhealth.org.



BREASTFEEDING CLUB: In Person

Tuesdays at 2 – 3:15 p.m. | Capital Health Medical Center – Hopewell, 3rd Floor Conference Room, One Capital Way, Pennington, NJ 08034

This weekly meet-up is open to all lactating and pregnant individuals and explores different topics to help you gain confidence and enjoyment throughout your entire breastfeeding journey. An International Board Certified Lactation Consultant from Capital Health's Lactation team will guide the conversation and offer tips, while encouraging attendees to share their experiences and stories. The club is not a clinical visit or a substitute for a lactation consultation. Registration is encouraged but not required.

All groups are offered free of charge. Contact childbirthed@capitalhealth.org for more information.

How to Register:
Unless otherwise noted, please scan the QR code or visit capitalhealth.org/childbirth

capitalhealth