

Postpartum Gathering Support Group

Consider... A group of new moms gather together each week, in a soothing and healing space, to share what life's like as a new family, supporting and learning from each other, and finding joy and laughter in this challenging yet wonderful time called postpartum. We warmly invite you...

Currently offered online via Zoom. You will receive an email invitation after your birth experience, to inform you when we are back on-site or to receive our Zoom Link. You can also email Elizabeth Kilgore, RN, CD, CCE at ekilgore@yorkhospital.com.

Who: Moms and their babies, birth to 6 months. Partners welcome!

When: Every Thursday (excluding holidays and Thanksgiving/Christmas weeks)

Where: York Hospital Garden Room

Time: 2:00 – 4:00 p.m.

Fee: Free!

Your Own Time - The Postpartum Gathering gives you special one-on-one time with your baby, to nurture your relationship! We ask that you make accommodations for other children during this time.

Community Building - Camaraderie, support from each other, and lasting friendships. You are not alone.

A Soothing Environment - The Garden Room at York Hospital is a very special place, offering plenty of comfortable chairs, windows that overlook beautiful gardens, lots of natural light, and privacy.

Guest Speakers - You'll have an opportunity to learn from many specialists. A sample includes pediatric physical therapists, lactation consultants, a pelvic floor health specialist, pediatricians, midwives, an infant massage therapist, mom & baby yoga instructor, and others.

A Relaxed And Supportive Approach - More relaxed and loosely structured, with a mom-driven agenda, this group explores what's most important to you each week. And if you're struggling, we'll find solutions.

The Wisdom Of The Group - With interactive discussions and a balance of sharing and listening, women have an opportunity to support and learn from each other, becoming more informed, confident and empowered to make healthy choices for themselves, their children and their families.



York Hospital Garden Room

Join When You're Ready - The group is ongoing so you can join at any point. We encourage you to attend sooner than later, typically within your first week or two post birth, to get meaningful support when it's especially needed and to take advantage of all the sessions. The group concludes for you when your baby reaches 6 months.

Complete Your Birth Experience - We were here for you before and during your birth experience. And now we're here for you **after** the birth of your beautiful baby, to ensure a healthy and happy start to your new family!

miracles
Family Center at York Hospital