



Inova New Moms Support Groups

Bring your baby and meet with other women to talk about becoming a mother.

Find out how other new parents are growing into this new role of nurturing a baby. Topics are chosen by those present. An experienced maternal-infant health educator facilitates the informal discussion. The fee for the mother-baby couple is \$5 per session.

For the convenience of new mothers, there is no pre-registration for these group meetings. Locations are listed below. Drop in for a visit whenever you are ready to meet new friends and talk about the challenges and joys of being a new mom.

Groups do not meet on legal holidays.

For more information call:
703-204-3366.

Mondays; Noon - 2:00 p.m.

Franconia Alliance Church
6315 Beulah Street
Alexandria, VA 22310

(located off the Franconia-Springfield Parkway)

Tuesdays; 12:45-2:45 p.m.

Inova Alexandria Hospital
4320 Seminary Road
Alexandria, VA 22304
Room: HEC 1 & 2

Breastfeeding Moms Group

Every Monday and Thursday 10:30 a.m.

(except holidays and inclement weather)

Inova Fairfax Hospital

7th Floor Day Room of the Women's and Children's building.

Free for employees (\$5.00 for everyone else). Parking validation available.