

Jewish Family Service of MetroWest and JCC Parents Place  
are pleased to announce the



## Group for New Moms and Babies - Birth to 6 Months

Gather with new mothers and babies to share experiences of this remarkable and sometimes overwhelming phase of life -- birth, meeting your new baby & transition to motherhood.

### Topics will include:

Establishing eating and sleeping patterns, crying, temperament, attachment and changing relationships with friends, family and partners.

The group will also allow participants to explore their Jewish heritage and ways to bring family history, customs and backgrounds into the relationship with the baby.

*Come connect with others, share questions and experiences as we explore the wisdom of Judaism, early childhood research and our resident parenting experts – YOU!*



Small ongoing weekly group  
**Wednesdays 10:30 – 11:30 am**  
**January 25th through May 2nd**  
**JCC MetroWest**

760 Northfield Avenue, West Orange, NJ

Enrollment is limited. \$12 per session

To register please call (973) 637-1773 or email [pstern@jfsmetrowest.org](mailto:pstern@jfsmetrowest.org)

Group led by Tricia Stern, LCSW, MPH, JFS Coordinator of Child and Adolescent Services.

Tricia specializes in working with infants, toddlers and preschoolers and their families including using the Child-Parent Psychotherapy (CPP) model. She is a Fellow in the Anni Bergman Parent-Infant Program in New York City.



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**THE HEALTHCARE FOUNDATION OF NEW JERSEY**  
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