

# Oliver, Ian, and Serenity Wolk Fragile Beginnings

The Center for Early Relationship Support®

## Support for Parents of Vulnerable Babies

The Oliver, Ian, and Serenity Wolk Fragile Beginnings program provides therapeutic support for parents/caregivers of premature infants and other infants who have had a stay in the Neonatal Intensive Care Unit (NICU).

## Telehealth and Home Visits

Fragile Beginnings clinicians help parents of vulnerable infants to process their birth and hospital experience while providing guidance in understanding their unique babies and facilitating connections to other JF&CS and community resources. This free service is available to any family in Greater Boston whose baby has spent time in the NICU.

## Parent Support Group

We also offer a virtual support group for parents whose babies have spent time in the NICU, offering an opportunity to connect around their shared experiences and concerns. This facilitated group meets weekly on Zoom and is offered at no charge. Register on our website: [www.jfcsboston.org/fragilebeginnings](http://www.jfcsboston.org/fragilebeginnings).

*"I am thankful from the bottom of my heart for the steady, wise and compassionate support my Fragile Beginnings therapist provided during the scariest moments and most challenging time in my life."*

*"I was so grateful for my clinician's warmth and kindness and listening ear. I always felt better and stronger after we spoke."*



**To learn more about what Fragile Beginnings offers or to make a referral for yourself or someone else, contact us at:**

**CERSIntake@jfcsboston.org**

**781-693-1200**

**Referrals are accepted during pregnancy or the child's first year.**

**Fragile Beginnings is non-sectarian, free of charge, and open to all parents in the community. Please let us know if you require any accommodations to participate.**