

This Isn't What I Expected

The Center for Early Relationship Support

When being a parent is not what you expected.

This six-week support group is an opportunity for parents who are suffering from postpartum depression, anxiety, and other emotional complications to share their experiences and connect with other parents in a nurturing environment. This FREE support group is open to the entire community.

The Center for Early Relationship Support provides services designed to meet the many complex needs of families in the first three years of their child's life. Our services are grounded in the knowledge that nurturing parental strengths within a caring community promotes secure infant-parent attachments.

When:

Thursdays, 12:00 - 1:00 p.m.

This group is part of an ongoing series of support groups. Registration remains open throughout the year, and new groups begin as each session cycle concludes.

Where:

Online via Zoom



You do not need to suffer alone. The Center for Early Relationship Support is here to help, providing therapeutic support and this six-week group.

To register for the group or to learn more, please contact us at CERSIntake@jfcsboston.org or 781-693-1200.

An intake will be required prior to enrollment.