



WHAT TO KNOW ABOUT

New Parent Groups (Community-Based)

These groups bring together people who have recently become parents for peer connection, social support, and shared experience of the transition to parenthood. They are distinct from clinical perinatal mental health groups, which focus on diagnosable conditions like postpartum depression and anxiety. New parent groups serve the general population of new parents navigating one of life's most identity-reshaping transitions, whether or not they are facing clinical-level difficulties. With extended families dispersed and neighborhood community thinner than in past generations, new parents often navigate this shift, and its isolation, with fewer informal supports than they need.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for any new parent wanting community through the transition.
- Works well alongside clinical perinatal support when that is needed.
- Postpartum depression, anxiety, or psychosis needs clinical care as a priority.

What it's for

Any new parent wanting peer connection with others in the same life stage.

Often organized around feeding, sleep, returning to work, or parenting multiples.

May welcome birthing and non-birthing parents, or be for mothers or fathers.

WHAT TO EXPECT

- 1 Weekly or biweekly, 60 to 90 minutes, usually with babies present.
- 2 Informal and conversational, checking in on what members are experiencing.
- 3 Some add brief content on infant development alongside peer discussion.

Peer support helps new parents feel connected and less alone.

- A scoping review found peer support among mothers gave **informational and emotional support** and a sense of connection, with positive effects on wellbeing.¹
- A meta-analysis found group programs led by **trained peers and paraprofessionals** significantly improved maternal mental health.²

MAKING THE MOST OF IT

Adult company, on a schedule. A group breaks the isolation of days at home.

Say the hard parts. Exhaustion and ambivalence are welcome here, not hidden.

"That's normal too." Others in the same stage confirm what you're feeling.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1 Is it open to my baby's age, and are babies welcome in the room?
- 2 Is it peer-led or facilitated by a nurse, social worker, or lactation consultant?
- 3 Is it a general new-parent group or focused on one topic?

Ready to find a group?

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

New Parent Groups (Community-Based) · references keyed to the numbers on page 1.

- 1 Yamashita, A., Isumi, A., & Fujiwara, T. Online peer support and well-being of mothers and children: Systematic scoping review. *Journal of Epidemiology* (2022), 32(2), 61–68.
- 2 Singla, D. R., Lawson, A., Kohrt, B. A., et al. Implementation and effectiveness of nonspecialist-delivered interventions for perinatal mental health in high-income countries: A systematic review and meta-analysis. *JAMA Psychiatry* (2021), 78(5), 498–507.

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