

Support and Play Groups

New Moms Discussion Group

A free virtual support group for moms of children under 12 months who are looking for an opportunity to ask questions and find support.

The virtual group meets on Wednesdays from 11 am to 12 pm. For more information or to sign up, email karen@tlcfamilyrc.org or sam@tlcfamilyrc.org, or call us at 603-542-1848.

Drop-In Play Group

A free drop-in playgroup for parents with children ages 2-5. We will explore developmentally appropriate activities to do with children using common household materials.

The play group meets on Fridays, from 10 to 10:45 am. A virtual option is available through Zoom. For more information or to sign up, call us at 603-542-1848.

Toddler Support Group

A free virtual drop-in group for parents and caregivers of children between 1 to 3 years to talk about toddler development, potty training, challenging behaviors, and more.

The support group meets on Tuesdays from 10 to 11 am. For more information, contact Christy Trenholm at christy@tlcfamilyrc.org or call us at 603-542-1848.