

## Programs

The National Association of Mothers' Centers (NAMC) offers numerous programs for mothers, fathers and caregivers. Whether you participate through a Mothers' Center, a workplace program or attend a one-time event, we bring you relevant, timely information, resources, and peer support to help you meet the challenges of parenthood and caring for others. Mothers' Center programs can include discussion groups, drop-in time, play groups, mommy and me classes, lectures, workshops, and social events.

The NAMC national office provides materials, training, and ongoing consultation to community- and workplace-based mothers' programs that reflect our core beliefs in the value of caregiving and the importance of non-judgmental communication. We work with individuals as well as agencies and other organizations. At the heart of all of our programs you'll find: opportunities for supportive discussion in a non-judgmental environment; mother-to-mother connections; a chance to learn communication skills applicable to parenting and many other aspects of life; networking opportunities; and plenty of resource-sharing among parents. We hope you'll take part in our programs in any one or a combination of the following ways:

### Mothers' Centers

Mothers' Centers are set up by those who want to establish a physical space where moms in the local community can gather. Mothers' Centers may rent space in a church, community building or other building where space can be donated or rented. These centers are operated by the members who decide on the programming which is guided by our unique Mothers' Center principles of non-judgmental sharing of experiences, a validation of the importance of mothering work and the benefits of building a network of local mothers.

### Library Centers

We are partnering with the Family Place Libraries in Nassau and Suffolk Counties in New York to bring the Mothers' Center experience to library patrons. This is an opportunity for library patrons to meet in a familiar community space to connect as parents and to discuss parenting issues in the unique "Mothers' Center" way, learn more about normal child development and connect to library resources.

### Mothers' Center Circles

A small discussion circle, guided by Mothers' Center principles, can be the starting point and cornerstone for a new center and a growing membership. Or Mothers' Center Circles can stay small to meet the needs of the original founding members. The degree of growth and programming is up to you and your circle.

### Circle of Caring Postpartum Depression Recovery Program

The Circle of Caring is a pregnancy and postpartum depression support group sponsored by local Mothers' Centers and organized by the NAMC when local resources are available. This peer support group offers emotional support, education, empathy, and coping tools to empower women and their families. The Circle of Caring program was developed in collaboration with the Postpartum Resource Center of New York. Learn what women have said about how Circle of Caring groups helped them.

Have questions? Visit our [Frequently Asked Questions](#) page, or contact the NAMC at 877-939-6667, x101. You can email us at [info@motherscenter.org](mailto:info@motherscenter.org).