

SEACOAST PERINATAL WELLNESS COLLABORATIVE



MONDAY

SUPPORT GROUPS

Baby Time- Families First in Portsmouth, 9:30-11am

COMMUNITY ACTIVITIES

Baby Lapsit- Lane Memorial Library in Hampton, 10:30am

TUESDAY

SUPPORT GROUPS

Breastfeeding Support Group- Family Center @ Exeter Hospital, 1- 2:30pm

Nurturing Support Group- Portsmouth Regional Hospital, 10- 12pm

COMMUNITY ACTIVITIES

Waddler Time- Portsmouth Library, 10:30am (ages 1-2)

Mini Movers- Seabrook Library, 9:30- 11am (birth-3)

Baby Steps Lapsit & Playground- Wiggin Memorial Library in Stratham, 10:30- 11:30am

Baby Time- Colby Memorial Library in Danville, 10:30- 11:30am

WEDNESDAY

SUPPORT GROUPS

Milk & Sugar- Virtual Infant Feeding Support Group- Saltwater Doulas, 1pm from the comfort of your own home

Bottles, Boobies, and Tubies- Adaptive Pediatric Therapy @ Life Chiropractic in Stratham from 11- 12:30pm

COMMUNITY ACTIVITIES

Baby Lapsit- Portsmouth Library, 9:30 am (12 weeks- 12 months)

Baby Story Time- Children's Museum of NH in Dover, 9:30- 10am

THURSDAY

SUPPORT GROUPS

Oh Baby- Waypoint Stratham, 10:30- 12pm

Baby & Me Group- Anna Jaques Hospital in Newburyport, 11- 12pm

COMMUNITY ACTIVITIES

Baby & Toddler Romp- Mary E Bartlett Memorial Library in Brentwood, 9:30- 11am

FRIDAY

SUPPORT GROUPS

The Moms Lounge- Saltwater Doulas in Amesbury, 10- 12pm

COMMUNITY ACTIVITIES

Peggy's Playgarden- Waypoint- 11 Sandy Point Rd, Stratham, 9:30- 11am

Bouncing Babies Meet Up- Weeks Public Library in Greenland, 10:15am

Bigs & Littles Story Time- Portsmouth Library, 10- 10:45am

Baby Story Time- North Hampton Public Library, 10am

Learn more about NHPQC resources & initiatives



updated 10/31/2025

