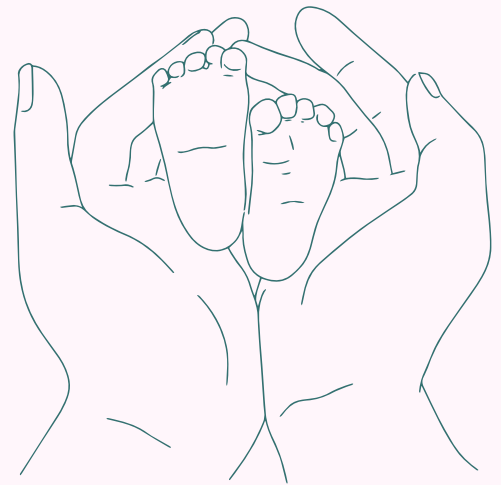


# Bumps & Babies

*a support group to empower families*



Are you pregnant? Do you care for a baby, toddler, or young child? This group is for you! Learn from others, get connected with resources, and find a sense of community.



**2026: Every 2<sup>ND</sup> and 4<sup>TH</sup> Tuesday 12:30 pm - 2 pm**

- January 13 & 27
- February 10 & 24
- March 10 & 24
- April 14 & 28
- May 12 & 26
- June 9 & 23
- July 14 & 28
- August 11 & 25
- September 8 & 22
- October 13 & 27
- November 10 & 24
- December 8 & 22



**Waldo County YMCA, 157 Lincolville Ave Belfast**

Questions? Contact Bri Fokine, RN, CLC

Call/Text: (207) 975-5168

Email: [brianne.fokine@maine.gov](mailto:brianne.fokine@maine.gov)

Sponsored by Maine CDC Public Health Nursing in partnership with Maine Families and the Waldo County YMCA



**WALDO COUNTY  
YMCA**  
For You, for Waldo County