



NQHC

Postpartum

VISITING PROGRAM SUMMER 2025

The postpartum period is a time of transition, and for many in the North Quabbin area, it can bring uncertainty. Our FREE Postpartum Visiting Program provides personalized care, whether you are adjusting to a new baby, coping with infant loss, or in recovery from substance use. We connect you with local resources for ongoing support.

What We Provide

- A one-time in-person visit within the first year postpartum.
- Education on health, safety, and wellness for you and your baby.
- Demonstrations and guidance from professionals.

- A free gift bag with essentials, educational resources, and helpful freebies.
- A follow-up call after your visit to ensure you are connected with the right support.

Who We Are

The North Quabbin Health Collaborative serves the towns of Wendell, Warwick, New Salem, Orange, and Petersham. We provide ongoing healthcare support and resource collaboration throughout the North Quabbin area.



CALL US: 413-500-6414

[HTTPS://WWW.NORTHQUABBINHC.ORG/NQHCPVP](https://www.northquabbinhc.org/nqhcpvp)

