

Lincoln Maternal Support Groups

Good Neighbor Community Center

Maternal Care Support Group
In-person. Free. Pashto and English.
Tuesday 3:00pm
2617 Y Street
402.477.4173
gncclincoln.org

MilkWorks

MomTalk
In-person. Free. All are welcome.
Tuesdays 9:30-11:00am
2nd Saturday 1:00-2:30pm
5930 S. 58th Street
402.423.6402
MilkWorks.org

LLCHD WIC

Mom Support Group - Spanish
In-person. Free. Open to moms on WIC.
Call for times/dates/locations:
402-441-6200

Malone Center

Support groups offered as part of the Malone Maternal Wellness Program serving breastfeeding families of color.

- Melanin Mommas Support Group
- Melanin Dad/Partner Support Group

Call for times/dates/locations: 402-474-1110
Sign up for our program waitlist here:
<https://forms.gle/MJhEd2Mie92MLqjN8>

Asian Community & Cultural Center

Mom support groups are free and in-person at ACCC. See times and languages below. For more information call 402-477-3446.
144 N. 44th Street, Suite A

Sudanese

- Wednesday: 1:00pm-3:00pm
- Friday: 11:00am-1:00pm
- Saturday: 11:00am-1:00pm & 1:00-3:00pm
- Sunday: 11:00am-1:00pm

Vietnamese

- Sunday: 5:00-7:00pm
- Wednesday: 9:00am-12:00pm & 5:30-7:30pm

Chinese

- Thursday: 10:00am-2:00pm

Ukrainian

- Monday: 10:00am-12:30pm
- Wednesday: 9:40-11:00am
- Thursday: 8:30-10:00am & 10:30am-1:00pm
- Saturday (Bi-Weekly): 12:00-1:00pm

Karen

- Monday: 9:00am-12:00pm
- Wednesday 9:30am-12:30pm
- Saturday: 10:00am-12:00pm

Afghan

- Friday: 4:00-7:00pm
- Sunday: 1:00-3:00pm

St. Mark's United Methodist Church

Mothers Leading Mothers
In-person. Free.
3rd Thursday Each Month, 7:00-8:15pm
8550 Pioneers Blvd. - Lower Fellowship Hall
402.489.8885
stmarks.org/calendar

Postpartum Support International

50+ FREE virtual support groups
<https://postpartum.net/get-help/psi-online-support-meetings/>