

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

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

For more info on the MMW program:

MaloneCenter.org/Maternal-Wellness

MomCo

For moms of children birth-kindergarten.

In-person and free.

- [First Free Church](#)
 - 2nd & 4th Thursdays, 9:00-11:15am
Childcare provided.
 - 1st & 3rd Tuesday mornings
Childcare not provided.
- [Southwood Lutheran Church](#)
1st & 3rd Wednesdays, 9:15-11:15am
Childcare provided.
- [New Covenant Community Church](#)
Two Mondays/month, 9-11am
Childcare provided.

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

LincolnAsianCenter.org

Sudanese

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

Vietnamese

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

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

Afghan

- Friday: 4:00-6:00pm

St. Mark's United Methodist Church

Mothers Leading Mothers

In-person. Free.

3rd Thursday Each Month, 7:00-8:00pm

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/>