

WOMB Community Impact Report

January - June 2026

Empowering mothers and birth workers from all walks of life



We Are the Village

You are not alone

Every family deserves to feel supported, connected, and empowered throughout pregnancy, birth, postpartum, and early parenthood.

During the first half of 2026, WOMB Initiative continued to strengthen the network of support available to growing families and perinatal professionals across Northern New Hampshire. Through education, peer support, outreach, and collaboration with community partners, we created welcoming spaces where parents, caregivers, and birth workers could connect, learn, and heal together.

Whether attending a connection circle, participating in a workshop, visiting the Nursing Nook at a community event, or networking with local birth workers, every interaction helped strengthen our community and reinforce our mission of **building and being** the village every family deserves.



Our Impact at a Glance

January - June 2026

26

Community
Events Hosted

77+

Unique
Connections made

40+

Families Served
Through the
Nursing Nook

9

Mamas Circle
Gatherings hosted

5

Doula Dinners
hosted

8+

Community
Outreach Events

www.wombinitiative.org/eventpage



Supporting Families Through Connection

Mamas Circle

Pregnancy & Postpartum Connection Circle



9 Gatherings | 23 Participants
Second Monday of each month in Littleton
Last Saturday of each month in Lancaster



In partnership with the North Country Maternity Network and the New Hampshire Perinatal Quality Collaborative North Country Coalition, Mamas Circle continued providing a safe, welcoming, judgment-free environment where parents could share experiences, ask questions, and build meaningful relationships during pregnancy and postpartum.

Attendance naturally fluctuated with the realities of parenting infants and young children, but the consistency of this program ensured families always had a place to return for encouragement, information, and connection.

Mamas Circle continues to be one of WOMB's collaborative offerings, reminding families that no one should navigate parenthood alone.



Bringing Family-Friendly Spaces Into the Community

Nursing Nook & Changing Space



One of WOMB's fastest growing outreach tools and a pillar of NCMN's collaborative Breastfeeding Initiative, the Nursing Nook provided families with a clean, comfortable, and welcoming place to breastfeed, bottle-feed, pump, change diapers, and care for babies while participating in community events.

Thank you 2026 Supporters!

Events Served

- NH Perinatal Quality Collaborative Maternal Health Summit - Concord
- Grand Reopening of Backstreet River Park - Stratford
- TCCAP Head Start Resource Fair - Littleton
- Mental Health & Wellness Fair - Littleton
- WOMB Open House - Littleton
- NCCRC Spring Family Fun Day - Colebrook
- Country Day School Resource Fair - Colebrook
- Doulas & Donuts - Littleton
- Northern New England Emergency Services Showcase-Lancaster



Upcoming Community Events

- Gorham Fourth of July Celebration
- Family Resource Center Community Baby Showers
- NCCRC Family Fun Days- Colebrook
- Stewartstown Day
- 2026 NH WIC Breastfeeding Walk
- NAMI New Hampshire Walk



Impact

Approximately 30 families were served. By bringing the Nursing Nook directly into community spaces, WOMB helped normalize infant feeding and caregiving while making events more accessible for parents of young children.

This initiative also increased awareness of maternal health resources in rural communities where family supports remain limited.

SCAN ME!



Education that Builds Confidence & Clarity

Knowledge empowers families to make informed decisions throughout pregnancy, birth, and early parenting.

This spring, WOMB offered evidence-informed educational workshops focused on practical skills, community connection, and informed decision-making.

Workshop

Participants

Introduction to Doulas	3
Pelvic Floor Workshop	3
Cloth Diapering & Elimination Communication	3
Doulas & Donuts	9

Spotlight: Doulas & Donuts

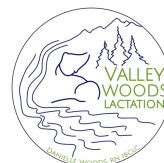
Birth workers and mothers across the region gathered to enjoy coffee, donuts, and conversation while meeting local doulas and perinatal professionals.

Participants learned:

- What doulas do
- Birth and postpartum support options
- How doulas complement medical care
- Local maternal health resources

The event created an approachable environment where mothers and birth workers could ask questions and build relationships before birth.

A special thank you to the volunteers and subject experts who make these offerings possible!!



Two Hearts Healing

SACRED HEARTH DOULA



Building Community Beyond Programming

Connection is one of the strongest protective factors for maternal wellbeing.

Throughout the spring, WOMB hosted opportunities for parents to gather, share experiences, and develop friendships outside of structured educational programming.

Community Gatherings

Birth Stories Circle

4 participants

Birth Stories Circle provided a supportive environment where participants could share and reflect on their birth experiences. Through guided conversation and peer support, attendees processed their journeys, celebrated their experiences, and built meaningful connections with others who understood the realities of pregnancy, birth, and postpartum.

Virtual Book Club

6 participants

WOMB's Virtual Book Club brought together parents, doulas, and community members to explore books that inspire learning, reflection, and conversation about pregnancy, birth, postpartum, and community care.

Moms Night Out: Game Night & Pizza Night!

2 events | 5 participants

These informal gatherings created a welcoming, child-free space for mothers to relax, build friendships, and reduce social isolation. Through games, conversation, and a shared meal, participants strengthened peer connections and prioritized their own well-being.



Open House at the WOMB Office as part of Maternal Mental Health Month

6 attendees

Featuring the Nursing Nook, Snapshots of Rural Maternity Care in NH Photovoice exhibit, community resources, and opportunities to connect with volunteers, board members, and perinatal professionals

These informal gatherings reduced social isolation while fostering relationships that continue long after each event ends.

Rural Motherhood Stories



SCAN ME!



Strengthening the Rural Birth Worker Community

Monthly Doula Dinners

5 Gatherings | 4-6 Consistent Participants

Supporting families also means supporting those who care for them.

Monthly Doula Dinners brought together birth workers from across the North Country for networking, continuing education, mentorship, and mutual support.

Disciplines Participating:

- Birth Doulas
- Postpartum Doulas
- Birthkeepers
- Community Health Workers
- Trauma-Informed Doulas
- IBCLCs & CLCs
- Public Health Advocates
- Aspiring Doulas
- All are welcome!!



Topics Included:

- Peer-to-peer Networking
- Pain with a Purpose
- Business Development
- Meet & Greet during Introduction to Doulas Workshop
- Doula & Donuts Collaborative Planning
- Upcoming Topics
 - Strategic Planning for Doula Collective
 - Maternal Nutrition
 - Pain with a Purpose Part 2
 - Pregnancy & Infant Loss as a Doula



These gatherings strengthened professional relationships, encouraged collaboration, and ultimately expanded the network of care available to local families.

Listening to Our Community

This year WOMB invited families and birth professionals to share their experiences and priorities through a Community Assessment Survey. Their responses help guide future programming and advocacy efforts.

Families Told Us

Their Biggest Challenges Are:

- Postpartum mental health
- Affordable childcare
- Distance to maternity care
- Limited postpartum support
- Birth trauma and pregnancy loss
- Healthcare workforce shortages
- Financial stress
- Rural isolation

What Families Shared:

"Scared to experience PPD/PPA again."

"Everything is so spread out, and resources are sparse."

"Finding opportunities to connect with other moms."

"Navigating parenting while also doing everyday life."

These responses reinforce the importance of accessible, community-based support systems throughout pregnancy and postpartum.



Providing Concrete Supports

This year WOMB has partnered with New Hampshire Children's Trust through the Economic & Concrete Supports Program that provides nonprofits and community service organizations with monthly allocations of diapers and other basic needs for families throughout NH.

Did You Know?

Concrete support is one of five key protective factors that prevent neglect and help families thrive. Quite simply, it means ensuring families have the basic necessities—like food, housing, child care, and health care—exactly when they need them most.

40+

Boxes of Diapers
Distributed

5+

Unique Community-
Partners Served

What Partners Shared:

"Parents have been so appreciative of the surprise diapers. I really appreciate you collaborating with us for this!!! So far Boys and Girls Club in Berlin, Gorham Community Learning Center and Infant Mental Health have been positively affected!!!!



Community Recommendations

Families and partners shared thoughtful ideas for how WOMB can continue growing.

- Expand awareness and marketing
- Increase local programming in rural communities
- Offer more events where babies and toddlers are welcome
- Continue building partnerships with community organizations
- Increase partner and support person education
- Improve communication about available resources
- Offer programs focused on homemaking and self-sufficiency
- Reduce transportation barriers by bringing programming closer to families
- I'd love for more birth resources (e.g., midwives, doulas, postpartum resources) to be available - though I know that's not something you can really control..

Words of Encouragement:

"Thanks for all you do."

"You're doing great - just keep marketing so everyone knows you're there."

"I think they have done great and continue to blossom on new ideas for the community."



Perinatal Resources for all



Stories & Connections

Families and partners shared gratitude and gained connections for specific needs through WOMB's Nursing Nook, Doula Collective, and Online Inquiry Form:



Nursing Nook & Changing Space Virtual Guestbook Submission

"Thank you SO MUCH for this space. I kept looking for a pen so I could leave a note, and then I found the QR code. This is my first breastfeeding journey and I was really struggling to find a shaded secure spot to feed. This eliminated soooo much anxiety and stress for me. So grateful for this space!"



Thank you sponsors and partners for making this service possible!



Thank You

To Our Funders & Supporters

This work is only possible because of the generosity, trust, and commitment of our funders and supporters. Your investment in WOMB is an investment in healthier families, stronger communities, confident perinatal professionals, and a future where no parent navigates pregnancy or postpartum alone.

Because of you, families across Northern New Hampshire have access to peer support, evidence-based education, welcoming community spaces, and a growing network of birth professionals dedicated to compassionate care.

Every dollar, every partnership, every shared resource helps us bring programming closer to the families who need it most - in rural communities where maternal health supports remain limited and isolation is real.

Your belief in this mission fuels our momentum. Together, we are proving that when communities invest in families from the very beginning, everyone thrives.

With deep gratitude,
The WOMB Initiative Team

Building the Village for Growing Families

www.wombinitiative.org

Funding provided by the New Hampshire Children's Health Foundation, North Country Maternity Network, the Neil and Louise Tillotson Fund,, the New Hampshire Charitable Foundation, New England Grassroots Fund,, NH Perinatal Quality Collaborative, Granite United Way, NH Breastfeeding Taskforce, individual philanthropic donors, and several community/corporate sponsors.



