

# 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.  
2nd Monday Each Month, 10:00-11:30am  
F Street Rec Center, Room 213  
1225 F Street

## 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

