

MOM² MOM

When **women** support each other, great things happen!

Philadelphia Community Action Network (CAN) is having a mother's group to talk about things that make you mad/sad, ways to build healthy habits and help reduce stress.

Topics To Be Discussed

"What It Means To Be A Mother"

"Pregnancy & Parenting"

"Healthy Relationships"

"Breastfeeding"

"Self-Care"



Tokens & Light Refreshments Provided

Must Bring Photo I.D to Enter Building

Partners Welcome!

Dates

Time

Location

October 2, 2018
October 16, 2018
October 30, 2018
November 13, 2018
More Dates To Be Added

10:30am- 11:30am

1101 Market Street
9th Floor
Philadelphia, PA 19107

To RSVP or For Any Questions Please Contact
Galissa Jones (267)474-3752 or Ta'Hirah Williams (267) 506- 4118