

Motherhood Support Group



For Expectant Moms
& Moms with children
under 5 years old

*Self Care • Coping Skills • Mindfulness • Build Relationships
Depression • Anxiety • Nutrition • Self Esteem • Safe Sleep*



Jan 17
Feb 21
Mar 21
Apr 18
May 16
Jun 20

3rd Wednesday of EVERY Month

11:00 a.m. - 1:00 p.m.

~ Childcare & Snacks Provided ~

778 W. Columbia Ave, Battle Creek

Jul 18
Aug 15
Sep 19
Oct 17
Nov 21
Dec 19

Facilitated by Infant Mental Health Therapist

Any QUESTIONS? Contact

Loretta Heisler 269.986.7582 LorettaH@fcsource.org or

Lee Kuhn 269.986.7547 Lee.Kuhn@fcsource.org

NO RSVP Necessary

FREE Support Group

*These groups are made possible through a generous grant
from the Battle Creek Community Foundation.*



**FAMILY & CHILDREN
SERVICES** A SOURCE OF HOPE

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