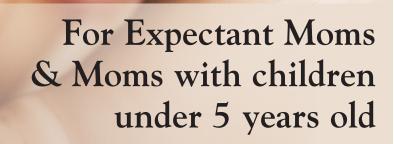
## Motherhood Support Group



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

Jan 17	3 <sup>rd</sup> Wednesday of EVERY Month	Jul 18
Feb 21	11 00 1 00	Aug 15
Mar 21	11:00 a.m 1:00 p.m.	Sep 19
Apr 18	~ Childcare & Snacks Provided ~	Oct 17
May16		Nov 21
Jun 20	778 W. Columbia Ave, Battle Creek	Dec19

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

SERVICES A SOURCE OF HOPE

fcsource.org

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