

# MOTHERS & BABIES

***FREE COURSE WITH  
FAMILY BUILDING BLOCKS***



A **FREE** OPPORTUNITY FOR PRACTICING SELF-CARE,  
DEVELOPING HEALTHY HABITS, AND CONNECTING  
WITH OTHER MOTHERS IN THE COMMUNITY.

**INCLUDES TRANSPORTATION,  
A LIGHT MEAL, AND CHILD CARE!**

## **COURSES ONCE A WEEK**

### **MORNING SESSION**

**11:00 AM-1:00 PM**

### **EVENING SESSION**

**5:15-7:15 PM**

- **PRACTICE** mood regulation
- **DEVELOP** habits for a healthy lifestyle
- **ENGAGE** in group activities and walks
- **BUILD** relationships and community



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