

# Mommy CONNECT

Starting Virtually:  
March 23, 2023

Free of Cost to ALL  
participants!

**Mommy Connect** is an 8-week program and support group for mothers ranging in age, who battle with depression, anxiety, and the stresses of single parenthood.

This program focuses on different technique and coping mechanisms that can be used to overcome these obstacles.

## MORE CONTACT INFO:

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