

Mother to Mother

A Free MotherWoman facilitated support group

361 Whitney Avenue Holyoke , MA

Every Tuesday 6:30-8pm

For more information call 794-BABY



Baystate
Medical Center
baystatehealth.com

MotherWoman
Empowering
mothers,
creating
community,
changing
the world

Talk with other women about:

- The adjustment to motherhood and the ever changing needs of your family
- Balancing day to day self and family care
- The struggles of raising a family in today's world



Groups are:

- Safe and confidential spaces where women can speak the truth about womanhood
- A place to feel heard, understood, nurtured, and validated
- Facilitated by trained MotherWoman leaders, who are mothers and bring warmth, compassion and experience to the group
- Light refreshments provided
- Babies in arms are always welcome

