

# MOMS Stress Management Course

**Are you a mother or female caregiver in the Capehart community?  
Are you feeling stressed or overwhelmed by life and parenting?**

**Come join the MOMS Partnership® and learn about steps for  
problem-solving, communication styles, and tips on how to  
balance stress, relaxation, and fun!**



## **In person:**

Wednesdays for 8 weeks  
starting August 7th from 10:30  
am-12:00pm

**OR**

## **Over Zoom:**

Mondays for 8 weeks  
starting July 29th from 6pm-  
7:30pm

**Childcare will be  
provided, as well as  
weekly gift cards for  
participation!**

**Contact Jordan to see if you're eligible!**

**Jordan DeMerchant | Community Mental Health Ambassador**

**207-478-3613 | [jdemerchant@bangorhousing.org](mailto:jdemerchant@bangorhousing.org)**



Community Health and  
Counseling Services



**MOMS**  
PARTNERSHIP

Every Mother Matters



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caregiver in the Capehart  
community?**

**Are you feeling stressed or  
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Discuss important informa



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## **MOMS Stress Management Course**

**Do you know a mother or female caregiver in the  
Capehart community  
who seems stressed or overwhelmed?**

**Refer her to the MOMS Partnership® where we  
will give her the tools to help when life gets  
stressful.**

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from 6:30-7pm**

**Participants will receive weekly gift cards  
for participation!**

**Childcare is available for in-person classes.**

**Contact Jordan to sign up!**

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