





# 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 <sup>®</sup> 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





**Every Mother Matters** 

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starting August 7th
from 10:30am-12:00pm

OR

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

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

### Contact Jordan to sign up!

Jordan DeMerchant
Community Mental Health Ambassador
207-478-3613
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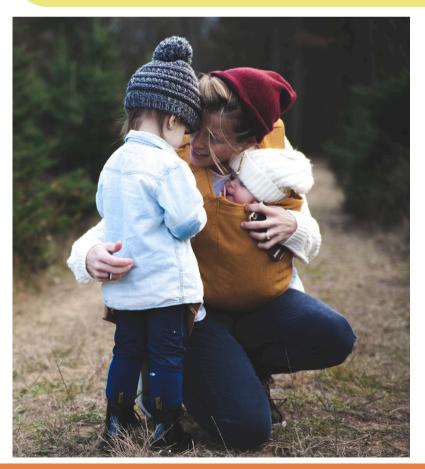


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### **MOMS Stress Management Course**

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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Wednesdays for 8 weeks
starting August 7th
from 10:30am-12pm
at 28 Downeast Circle

OR

**Over Zoom:** 

Mondays for 8 weeks starting July 29th 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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