

# Moms' Support Group



Motherhood is beautiful and challenging  
Let's do it together!

Share your journey  
Find encouragement  
Make new friends  
Discuss parenting tips,  
self-care



**Open to all moms – expecting, new, and experienced!**

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month  
Starts in May 2026

Please scan the QR Code  
and let us know you are  
interested in participating



**Where:** Virtual @ 11am

**Cost:** Free

Let's support each other, laugh together, and grow as moms.

RSVP or Questions?

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The Family Resource Center

