



zero TO THRIVE

MOM POWER

A STRONG ROOTS CURRICULUM

- Connect with other moms in a 10 week parenting workshop
- Self-care for moms
- Learn new parenting techniques
- Strengthen communication skills
- Build a stronger bond with your child

When: Mondays from 10-11:30a starting Oct 7th

Location: Virtual via Zoom

Registration:
<https://forms.gle/NGtAurm91KaRHCBS5>

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