



OFFERING
A SAFE SPACE TO TALK
DURING UNCERTAIN TIMES

LISTENING HEARTS AND MINDS SUPPORT GROUPS

VIRTUAL GROUPS FOR PREGNANT AND PARENTING WOMEN
CO-FACILITATED BY EXPERIENCED COUNSELORS

Dates & Times:

Monday 1pm

Tuesday 6pm

To Register Contact:

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PLEASE JOIN US IF:

- YOU NEED A CARING PERSON TO TALK WITH
- YOU ARE ANXIOUS AND WORRIED ABOUT THE FUTURE
- YOU ARE OVERWHELMED WITH THE CHALLENGES OF COVID 19
- YOU ARE STRUGGLING WITH RISKY BEHAVIORS LIKE DRINKING OR SMOKING