



Mothers in Mind

This 5 week group is designed for mothers and their children (four years of age and under), who have experienced a traumatic event and/or unhealthy/abusive family dynamics. Each week, moms and their children spend time participating in activities that are geared towards enhancing parenting skills, strengthening the parent-child relationship, and learning new skills for managing stress that can accompany parenthood.

for moms & their children

5 weeks
Tuesdays | Oct 3-31
10:00-11:30am



Call to register:
519.941.4357 or 905.584.4357

