



**Wexford-Missaukee-
Manistee Counties**

Want to better understand your child's needs and behaviors?

ENROLL IN

MOM POWER

A 10-week parenting program for you and your kids!



Mom Power is an attachment-based parenting program designed to provide education to parents, connect them with resources, and support their relationship with their child.

- WHO:** For women during pregnancy or with at least one child from age 0-5 years old that are interested in participating and can attend most of the 10 sessions.
- WHERE:** From the comfort of your own home, on Zoom!
- WHEN:** Wednesdays in March, starting the 2nd 9:00 – 10:30 am

Why should I participate?

Mom Power helps parents learn new ways to engage with your child, offers time with other moms, as well as learning self-care strategies. Weekly encouragement and enchantments (goodie bags)!



Sign up using the QR code or at
<https://bit.ly/MomPower2022>

If you have questions, please contact Lacy Crummey
at 231-655-3622 or email lcrummey.wmmgsc@gmail.com.