

Support, Education and Connection

# Fempower Group

## For Young Moms

Fempower is a program for Mothers of all ages, who are pregnant or have young children. The goal is to increase self-care, kick-start empowered parenting, and improve self-esteem. Incentives for mom & baby for attendance.

**April 19 - June 28, 2017**

**11-Weeks-Wednesday Afternoons**

**Lunch 1:00-1:30pm-Programming- 1:30-4:00pm**

**Held at Family Gatherings**

**(formerly know as Stoneridge Resource Centre)**



*Fempower* enhances a young mom's ability to act proactively and responsibly, for themselves and their children.

**Call to register 519-445-2947**

**Jocelyne Byrne**

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Lunch & Childcare is provided  
Transportation available upon request