



## Moms Drop-In Group (Online)

Parenting can be rewarding and challenging; this group will offer space for mothers to strengthen their abilities to manage daily stress and to support each other with motivation and connection. This group is open to all mothers who want to connect and share their experiences with others.

**Workshop Series:** Mom's Group

**Dates:** ongoing

**Times:** Every Wednesday 10-11:00AM

**Cost:** FREE!

**How to Register:** Call : Aline at 604-941-7111 Ext.107.

**Our office hours are:** M, W, F 9am to 4:30pm and Thursdays 11:30am to 7 pm

