

MOTHERS: You deserve a mental break!

INTRODUCING A NEW SELF-CARE PROGRAM FOR YOU –
THE MOMMY MATTERS GROUP



MONDAY, JULY 1
6:30PM • 2365 Main St.

“Balancing Career
& Motherhood”

with
Latoya Fonville



MONDAY, JULY 29
6:30PM • 2365 Main St.

“Balancing the
emotional well-being
of you & your child(ren)”

with
Shannon Carter



MONDAY, JULY 8
6:30PM • 2365 Main St.

“Writing as a
Release”

with
Renee Mapp



*Please join us
for any or all of
these Events!*

**You deserve some
“Me Time” to focus on
Mental Wellness!**

MONDAY, AUG. 12
6:30PM • 2365 Main St.

“Dealing With
Financial Stress”

with
Daysi Ball



MONDAY, JULY 15
6:30PM • 2365 Main St.

“Dealing with the
loss of a child”

with
Lakendra Johnson



MONDAY, JULY 22
6:30PM • 2365 Main St.

“Relationships”

with
Madge Whiskey



MONDAY, SEPT. 9
6:30PM • 2365 Main St.

“Adjusting To
Life Changes”

with
Shirelle Jackson



To register: Call Anne Bradbury at 716.852.5065 ext. 183 or email mbradbury@bfnc.org

