

MotherWoman Group: Getting Real About Motherhood

WEDNESDAYS, 9:30AM–11:15AM*

AMHERST FAMILY CENTER, BASEMENT OF UNITARIAN SOCIETY, DOWNTOWN AMHERST



A free drop-in group for mothers

- Feel renewed, valued, understood, nurtured & energized.
- Find your Self again and go home with more to give your family.
- Share the stress, adjustment to, and complexities of motherhood in a supportive group environment based on mutual respect and non-judgment.
- Open to all mothers with children of any age.
- Facilitated by trained MotherWoman group leaders & mothers who bring warmth, humor & experience to the group.
- Infants stay with mothers; childcare available for children up to age 4.

For more information:
413-253-8990

ON BUS ROUTE · FREE SNACKS · FREE CHILDCARE

* THIS GROUP FOLLOWS THE AMHERST PUBLIC SCHOOL CALENDAR AND DOES NOT MEET WHEN THE SCHOOLS ARE CLOSED

MotherWoman
Empowering
mothers,
creating
community,
changing
the world

PO BOX 2635
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