

Want to better understand your child's needs and behaviors?  
Want to build a strong and healthy relationship with your child?

# MOM POWER

A 20-session **FREE** parenting program for you and your kids!

**Who:** Moms (18+) with kids ages Newborn-5

**What:** A free 10-week (20-session) online parenting program.

**Where:** From the comfort of your home!

**When:** Beginning either the first or second week in **October, 2020.**

We'll contact you with the start date, sessions dates and times.

**How:** If interested register NOW! Please contact Angie Martin:

(423) 914-7609

[angie@familiesfree.com](mailto:angie@familiesfree.com)



**Never been part of an online group before?**

No worry! We can walk you through the process and may even be able to help with an appropriate device/WIFI.

**Benefits for you include:**

- Opportunity to attend an online parenting group with other moms.
- Learning parenting and self-care skills.
- Receive encouragement from a caring staff there to support you and your family over the weeks.
- Join in on a weekly Zoom "Circle Time" session with your child/ren.
- Diapers & incentives delivered to you throughout the 10 weeks.