



**MIDWEST
HEALTHY START**
SGA YOUTH & FAMILY SERVICES



Mom to Mom Virtual Workshops

Thursdays at 11 AM
via Zoom

<https://bit.ly/sgam2m>

Be the best parent you can be!



- Parenting techniques
- Self-care
- Engage with other moms
- And much more!



Scan Me to
Register for Free



Contact:

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Lisa Sargent-Davis
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