



**COMMUNITY ACTION
FAMILY CENTER**

TEA & TODDLER

Moms' Club

**1st & 3rd
FRIDAYS
10:00AM –11:00AM**

Make Tea & Toddler Moms' Club part of your next mom-normal - whatever that means right?! Join us in an intentional self-care space. This is a facilitated support group that is non judgmental and open to mothers of toddlers (children ages 18 months-5yrs). While you take a breath with other moms, your terrific toddler can engage in playgroup in our playroom (snack included).

Share your experiences of balancing mom life while navigating naptime during a global pandemic.

Light refreshments provided.

(Masks required 2+)

For more information call 413.475.1555

