



A NON-JUDGMENTAL, PARENT
SUPPORT GROUP FOR MOMS WHO
ARE PREGNANT OR PARENTING A
CHILD 5-YEARS-OLD AND UNDER

PREPARED MOMS

THURSDAYS, 10-11:30 AM

SEPTEMBER - JUNE

FOR MORE INFO EMAIL

SARAH.DURRANT@CCEASTERNWA.ORG

OR CALL 509.358.4258

**PREPARES FAMILY CENTER, LOCATED IN THE
LOWER LEVEL OF
ST. ANNE'S CHILDREN AND FAMILY CENTER
25 WEST 5TH AVE.
SPOKANE, WA 99204**