

Motivating **O**pen-minded **M**aternal **S**upport

of Madison County

Madison County is proud to bring you this women's personal development and support group open to all women that are mothers or mother figures.



For more information contact:

Kim Percival

(315) 897-0114

Cathy Fowler

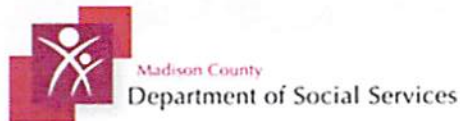
(315) 366-2227

Kim.Percival@dfa.state.ny.us

Catherine.Fowler@dfa.state.ny.us

PO Box 637, 133 N. Court St.

Wampsville, NY 13163



MOMS of Madison County

A tuition free

Women's Program



Connecting women and mothers by supporting the journey through motherhood together.

Group Purpose:

The purpose of this group is to offer a space for mothers and mother figures to explore and support each other while working through questions and challenges.

By giving participants skills and tools, we hope to help improve the family dynamic as whole.

This group helps those who are involved recognize patterns within the family unit and how those patterns affect relationships within the family.

We will focus on connecting and communicating, building and repairing relationships, and understanding and embracing ways to deal with everyday stressors by empowering each other.

This group includes discussion and activities to support everyone involved.

**This group
acknowledges
your value as a
person, a woman
and a mother, and
the role you play
in your
everchanging
environment.**



Key Topics:

- Childhood/Adulthood
- Motherhood
- Communication Skills
- Active Listening
- Love Languages
- Healthy Relationships
- Woman/Mother/Partner
- Conflict Resolution
- Problem Solving
- Parenting/Parenting Styles
- Domestic Violence
- Adverse Childhood Effects
- Self-Care
- 5 Friends Every Woman Needs