

ANTELOPE VALLEY HEALTH NEIGHBORHOOD

Operation Motherhood

COME AND GET SUPPORT WHILE
CREATING YOUR OWN VILLAGE

FACILITATED BY DENISE THEUS, LCSW.

WHEN: TUESDAY'S & THURSDAY'S AT 11:00 A.M.

WHERE: VIRTUAL MEETINGS ON SKYPE OR CALL IN

A SPACE WHERE MOMS OR MOM FIGURES ARE WELCOMED TO EXPRESS THEMSELVES. OUR FOCUS IS TO SUPPORT AND CONNECT WITH MOTHERS IN THE COMMUNITY. IN OPERATION MOTHERHOOD, YOU WILL LEARN COPING SKILLS, SELF-CARE STRATEGIES AND RECEIVE GUIDANCE ON PARENTING THROUGH THIS PANDEMIC. WE WILL COME TOGETHER AND DISCUSS COMMON MENTAL HEALTH ISSUES THAT WOMEN EXPERIENCE AT DIFFERENT STAGES OF THEIR LIVES AND STRATEGIES TO COPE.

Contact Denise for virtual link, Call-in number or questions at CTheus@dmh.lacounty.gov or (213) 247-6678.

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