



zero TO THRIVE

MOM POWER

A STRONG ROOTS CURRICULUM

- Connect with other moms in a 10 week parenting workshop
- Self-care for moms
- Learn new parenting techniques
- Strengthen communication skills
- Build a stronger bond with your child

Winter Group

When: Thursdays from 6-7:30p
starting January 23rd

Where: Virtual via Zoom

Spring Group

When: Mondays from 10a-12p
starting April 7th

Where: Angels of Action
200 S Stewart Ave, Big Rapids

Registration:
<https://forms.gle/oWhknNivti3b4Eg6A>



For more information contact:
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