

## MOMS CONNECTION

Pregnant and new moms with babies under one year, this is a stressful time for us all. Join us from the comfort of your home

virtual groups

**English** 

Tuesdays 1:00pm

Thursdays 1:00pm

Spanish

Wednesdays 1:pm

Preregistration required

Email Pat Vena, MSW, LCSW pvena@cjfhc.org











