

# Mommy's Connection

**Speak Up When You're Feeling Down!**

Mommy's Connection is a peer-lead support group that provides an opportunity to discuss the challenges of parenting and explore how to support the positive growth and development of your child(ren) to ensure a healthy beginning in a safe environment

**Speaking about how you feel is the first step...and ALPHA is here to help!**

Time: Every Thursday from 6-7pm

Where: The Oceano Family Resource Center

1511 19th Street

Oceano

Cost: FREE!

Eligibility: For Pregnant or Parenting  
Mothers

For more information call

Julissa Dyer

805-541-3367



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