

OPEN TO HEALTH DEPARTMENT CLIENTS  
AND CITY OF MILWAUKEE RESIDENTS

# MOM-2-MOM

GROUP FOR YOUNG MOMS, UP TO 24 YEARS OLD,  
WHO ARE PREGNANT AND/OR PARENTING



**SECOND WEDNESDAY OF EACH MONTH  
FROM 2:30-4:00 P.M.**

June 8, July 13, August 10, September 14, October 12, November 9, December 14

Southside Health Center, 1639 S. 23rd Street  
IN THE TENT OR IN THE PARK (WEATHER PERMITTING)

Mom-2-Mom is a safe, supportive, judgment free place for young moms to connect and talk about what matters to them.

**BABIES AND CHILDREN ARE WELCOME.**

*Activities include walks, music, crafts, play in the park, etc.*

Mom led, informal discussions. Topics to include pregnancy, labor and delivery, breastfeeding, child development, parenting challenges, stress management, school, life stressors, mental health/wellness, resources and connections (childcare, WIC, cribs, car seats, public benefits, etc.).



CITY OF MILWAUKEE  
HEALTH DEPARTMENT

[milwaukee.gov/health](https://milwaukee.gov/health)