

# Families, you are invited to join us!

Parents and caregivers are essential and deserve the chance to learn and connect in a meaningful way.

"This group was amazing. I have been a participant of many different groups in the past and in this one I could actually see and feel a difference as the group went on."

-Mom Power participant

## Strong Roots Parenting

"The activities...are really cool and interesting and will definitely help you parent and be stronger of a parent to your kids."

-FOF participant

Mom Power and Fraternity of Fathers will help you learn more about yourself, understand your children and their behaviors, and nurture attachment in a fun, interactive, in-person format. These 10 week programs are intended for families with children 0-6.

### LOCATION:

Lake Ann United Methodist Church  
6583 First St. Lake Ann

**MOM POWER: breakfast and child care provided**

**FRIDAYS April 11 - June 13**

**9:30am-12:30pm**

**FRATERNITY OF FATHERS: dinner provided**

**MONDAYS April 7 - June 16 (does not meet May 26)**

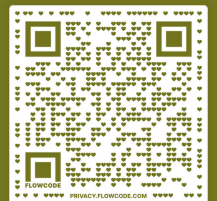
**5:30pm - 7:30pm**

No cost to participate.

Space is limited.

**Interested?**

[Click here](#) or follow this QR code



parentingcommunities.org  
231-256-0227



These programs are made possible through the generous contributions of our community stakeholders.