

Mom's Support Group

Mom's Support Group is a faith-based, research and evidenced supported parenting group created especially for mothers. Classes are designed to be fun, educational, and inspirational and encourage clients to make the necessary changes to strengthen their communication, connection, and boundary skills with their families. An important aspect of the program is healing from the past so that they can move forward successfully in life.

“Our goal is to help heal hearts, reframe crisis, and help move clients into a powerful life position.”



CURRICULUM USED

- **Keep Your Love On** by Danny Silk
- **Understanding Dad** by NFI
- **Dismantling The Wall Between You and God** by M. Wistar

WHO CAN ATTEND

Public Classes: Adult Women, 18 years or older. This group is in a relaxed setting and materials and dinner are provided. *Childcare is not available but older children that can entertain themselves are welcome.*

Duration: 8 -12 weeks

Certificate upon completion.

When: Tuesday Evenings: 6pm-7:30pm

Location: Pelham Mall: 2834-H Pelham Parkway Pelham, AL. 35124

Incarcerated & Rehab Women:

Women in Correctional or Rehabilitation Centers.

Duration: 8 weeks

Certificate upon completion.

When: Dates & Times Vary

Locations: ATEF, BWWRC, & My Sister's Place

OUTCOMES

- Improve awareness and communication between parents and to increase paternal involvement for the sake of their children.
- Increase in mothers' knowledge, positive attitudes & skills associated with improving their relationships with the fathers of their children.
- Increase positive interactions between mothers & fathers.
- Build a conflict resistant connection with family members.
- Strengthen connection, communication, and boundaries.
- Healing from past hurts and traumatic events.
- Support for co-parenting, blended family, divorced individuals, married or single adults.

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www.vfsdads.com

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