

Embracing Motherhood in our Community

*MotherWoman is a free, confidential, space where moms can talk about adjusting to motherhood, and leave feeling connected, refreshed and ready to face another day!
Drop in and join us!*

Feel heard.
Feel valued.
Feel understood.
Feel nurtured.
Feel energized.

MotherWoman is held every 2nd & 4th Monday
7:00 – 8:30pm | Lap babies are welcome

Facilitated by Miriam & Alex from MilkWorks
For additional information, email miriam@milkworks.org.



ConnectionN Point

1333 North 33rd Street
On the corner of 33rd & Starr
Near East Campus in Lincoln

*accessible entrance on the west side
of the building – follow posted signs*

Check www.milkworks.org calendar for schedule changes