

# Embracing Motherhood in our Community


*MotherWoman is a free, confidential space, where moms can talk about adjusting to motherhood. 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.

Group is held every 2<sup>nd</sup> & 4<sup>th</sup> Monday

7pm | Lap babies are welcome

**\*Snacks Provided\***

Facilitated by Miriam & Alex of MilkWorks 

For additional information  
Email [miriam@milkworks.org](mailto:miriam@milkworks.org).



**THE BAY**  
(Coffee Bar/Venue)  
2005 Y STREET  
Lincoln, NE 68503

Check [www.milkworks.org](http://www.milkworks.org) calendar for schedule changes!