

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 2nd & 4th Monday

7pm | Lap babies are welcome

Snacks Provided

Facilitated by Miriam & Alex of MilkWorks 

For additional information
Email miriam@milkworks.org.



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

Check www.milkworks.org calendar for schedule changes!