

Mom's In The Muck Inc.

PRESENTS

Pregnancy & Postpartum Support Groups



Bree Spence
Doula, CLC & MITM Host

A series of maternal health support groups designed to educate, empower and support women in rural areas to reduce maternal and infant mortality, improve birthing outcomes and build community.

Dates:
BRIDGES @ Belle Glade
5-7 PM

Upcoming Topics/Activities

Dates:
BRIDGES @ Pahokee
5-7 PM

2/19/2025

Peaceful Nights: Lets talk safe sleep - ZOOM

3/19/2025

Smart Money Moms: Financial Literacy

3/26/2025

4/23/2025

Nurture & Protect: Pregnancy Abuse & Neglect

4/30/2025

5/21/2025

Soothing Transitions: Padsicle Crafting & Maternal Mental Health

5/28/2025

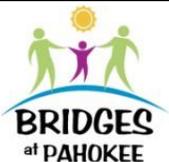
Contact Bree for
more Information

📞 561-463-9341

✉️ momsinthemuckinc@gmail.com



Families Empowered, Communities Connected
A Division of Children's Services Center



REFRESHMENTS AND
GIVEAWAYS!

Zoom Registration:



Mom's In The Muck Inc.

PREZANTE

Gwosès ak gwoup sipò apre akouchman



**Bree Spence Doula, CLC
& MITM Host**

Yon seri gwoup sipò sante matènèl ki fèt pou edike, otorize ak sipòte fanm nan zòn riral yo pou diminye mòtalite matènèl ak tibebe, amelyore rezilta akouchman yo ak bati kominote.

Dat:
PON @ Belle Glade
5-7 PM

Sijè/Aktivite k ap vini yo

Dat:
PON @ Pahokee
5-7 PM

2/19/2025

Sware lapè: Ann pale dòmi san danje - ZOOM

3/19/2025

Smart Money Moms: Alfabetizasyon Finansye

3/26/2025

4/23/2025

Nouri & Pwoteje: Abi Gwosès & Neglijans

4/30/2025

5/21/2025

Tranzisyon kalme: Padsicle Crafting & Sante Mantal Mantal

5/28/2025



**Kontakte Bree pou
plis enfòmasyon**



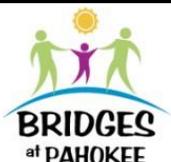
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**RAFRECHISMAN AK
KADO!**

Zoom Registration:



Mom's In The Muck Inc.

PRESENTA

Grupos de apoyo para el embarazo y el posparto



**Bree Spence Doula, CLC
y presentadora de MITM**

Una serie de grupos de apoyo a la salud materna diseñados para educar, empoderar y apoyar a las mujeres en áreas rurales para reducir la mortalidad materna e infantil, mejorar los resultados del parto y construir una comunidad.

Fechas:
PUENTES @ Belle Glade
De 5 a 7 p.m.

02/19/2025

03/19/2025

04/23/2025

05/21/2025

Próximos temas y actividades

Noches tranquilas: hablemos de un sueño seguro - ZOOM

Smart Money Moms: Educación financiera

Nutrir y proteger: abuso y negligencia durante el embarazo

Transiciones relajantes: elaboración de paletas de hielo y salud mental materna

Fechas:
PUENTES @ Pahokee
De 5 a 7 p.m.

03/26/2025

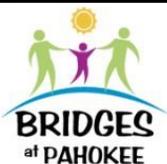
04/30/2025

05/28/2025

Contacte con Bree para
obtener más información

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¡REFRESCOS Y
REGALOS!

Zoom Registration:

