



**Moms' & Children Monthly
Saturday Gathering
Drop-In & Play
March 6, 2010
10am-12 noon**



- Join a group of moms with their babies & older children for socializing and support around the joys and challenges of motherhood.
 - **Meet Liza Then from WIC, who will explain this nutrition program which is beneficial to so many families**
 - **Learn how to reduce your stress with quick and easy techniques with Sally Harrison RN, APRN**
- Infants, older siblings, and friends are welcome.
 - Refreshments Served
 - Relax and enjoy! **No Charge**

Held at First Unitarian Church
One Benevolent Street, Providence, RI 02906
At the corner of Benefit and Benevolent St.

Directions to the First Unitarian Church:

From 95 South or North into Providence. Then take exit to 195 East to Gano St. exit. At bottom of ramp take a left towards Gano St. Take a right onto Gano St and a left on to Wickenden St. You will go up and then down Wickenden St. At the bottom of the hill is a light. Turn right onto Benefit St. The Church is about 1 mile on the right. Park in the church lot and enter the building behind the church.

Please contact Sally or Kathy at Families First RI with any questions
at 401-383-9933 or
sally@familiesfirstri.org or kathy@familiesfirstri.org