Club Mom

Dedicated to strengthening our village by focusing on the well-being of:

- Individuals
- Families
- Community

Club Mom support group meets the fourth Monday of every month, 5 - 7 p.m.

A resource for families with children 0-5 years

ARTS-Us Recreation Center
1221 Marshall Avenue, St. Paul, MN 55104
What goes on at Club Mom?

- Social support and stress management
- Parent education and activities for children 0-5 years
- Nutrition and gardening classes
- Leadership opportunities
- Resources to other programs and community engagement

Join us if you are...

- Pregnant
- Parenting children birth to 5 years
- 19+ years old

Dinner is provided at Club Mom support group.

For more information, please contact:

Club Mom Coordinator
Nina Harris, BA
nina.harris@co.ramsey.mn.us
651-266-1545

Refer a dad...
We offer a partner program called Club Dad.