

# CLUB MOM

Dedicated to strengthening our village by focusing on the well-being of individuals, families and community.



**JOIN  
US**

Every fourth Monday  
of the month from  
5-7 p.m.

For mothers parenting a  
child/children birth to five  
years old. Must be at least  
18 years of age.

Club Mom is a monthly community connection program designed for mothers.

**WHAT  
WE  
DO**

Build positive parenting partnerships

Parent education

Tools for stress management/relaxation

Strategies to overcome barriers (*education, employment, housing and more*)

Financial workshops

Community activities



**LEARN MORE**

**Club Mom Coordinator**

Sharron Berkley (612-772-2588)  
sharron.berkley@ramseycounty.us

**Club Mom Coordinator**

LaSherion McDonald (612-368-4453)  
lasherion.mcdonald@ramseycounty.us

Learn more at  
[ramseycounty.us/ClubMom](https://ramseycounty.us/ClubMom)