



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.

Refer a dad...

We offer a partner program called Club Dad.

For more information, please contact:

Club Mom Facilitators

Sharron Berkley

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LaSherion McDonald

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