




NEED HELP FINDING A JOB?
NEED SUPPORTIVE SERVICES TO REACH YOUR GOALS?

THEN JOIN US!

MENTAL HEALTH & MOTHERHOOD!

THURSDAY
MAY 8, 2025
5:30PM
 Lake Warren State Park
 1079 Lake Warren Rd.
 Hampton, SC 29924

SC WORKS AND COMMUNITY PARTNERS RESOURCES WILL BE AVAILABLE!



Mental Health & Motherhood
 THURSDAY, MAY 8, 2025
 5:30 PM
 LAKE WARREN STATE PARK
 1079 LAKE WARREN RD
 HAMPTON, SC 29924

"It's okay to not be okay. Your feelings are valid."

REGISTER USING THE QR CODE BELOW:



THIS ADULTS ONLY WORKSHOP INCLUDES:

- Guest Professional Panelists
- Free Refreshments
- Free Door Prizes
- Mindfulness and Relaxation Activities
- Stress Management Techniques
- Anger Management



FREE TO ALL MOMS!



FOR QUESTIONS OR MORE INFO CONTACT US 803.943.7127

