

NEW PILOT PROGRAM FOR MOMS IN CHITTENDEN COUNTY



If you qualify, the VT MOMS PartnershipSM will teach you to manage stress.

Who qualifies?

You must:

- ➔ Be at least 18 and identify as a woman,
- ➔ Be the mother or primary caregiver of a child under 18,
- ➔ Struggle emotionally (as determined by a survey), AND
- ➔ Either:
 1. Participate — now or at any time in the past 2 years — in Reach Up, Reach First, Reach Ahead or Post-Secondary Education. OR
 2. Care for a child who is getting a Child-Only Reach Up grant.

What help is available?

Our 8-week *Stress Management Course* will teach you:

- ➔ Steps for problem-solving
- ➔ Communication styles
- ➔ Balancing stress & fun
- ➔ Relaxation tips

Classes happen once a week and are 90 minutes long. Free childcare is available for your children during classes — with activities and snacks.

Earn a Shaw's gift card every time you go to class!

Where & when do classes take place?

Classes begin in March 2020. Multiple days/times are available. They will take place in the Community Room at Shaw's, 570 Shelburne Road, Burlington.

How do I sign up?

There are two ways to sign up:

1. Ask your Reach Up Case Manager.
2. Contact Howard Center

