

Mom's Night Out

Come join us for some pizza and self-care time!

This fun evening is for Mom's who want to discover more about themselves as mothers and to learn extra communication skills to use when parenting/co-parenting with dad.

UNDERSTANDING DAD

An Awareness &
Communication Program
for Moms

All participants who attend will receive a workbook from the curriculum above. All participants who complete the 8-session workshop will receive a \$50 Vons gift card!

Every Friday from
January 10th– February 28th
5:30-7:00pm

@ Bishop Pizza Factory



To sign up or for questions, please
call Melissa Ruiz, Inyo County
Prevention Specialist, at 760-872-2301

Brought to you by Inyo County Health & Human Services

