



# Time to talk...

Get together & make a difference

A place for moms of all ages, races, and religions to discuss their experiences of life as a woman— home, family, partners, children, career, etc. This group strives to be a mutually supportive and respectful environment to all members.

Hosted by peers, discussion groups were created to provide a safe, social, and educational space for Healthy Start members to experience decreased isolation, an increased sense of belonging, and an opportunity to share their struggles and victories. Groups are held at the Saginaw County Department of Public Health 1600 N. Michigan and all Healthy Start members are welcome!

We welcome ideas, input, and active participation as we attempt to build on and expand the initial work undertaken by the Healthy Start Program. We would be grateful for additional suggestions and guidance.

## When We Meet:

We meet for small group discussions on the second and fourth Wednesday from 5:00—6:00 pm.

## Location:

We meet at the Saginaw County Department of Public Health.

## Getting There:

If you will need a ride, contact us (989-758-3850 or 989-758-3851) with your phone number and where you will be coming from.



Saginaw County



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Healthy Start