

# MOMS HELPING MOMS

Talk, connect, & bond in a warm friendly environment with no stigma or judgement



You can't pour from an empty cup! Take care of yourself first

Join us every Third Thursday from 11:30AM- 1:30PM on Zoom!

Click below Zoom Meeting ID / Scan QR Code or Enter Meeting ID in Zoom to Join!

[Zoom Meeting ID:](#)  
[697-790-059](#)



Contact Monique Cox at 201-443-6478 or MCOX@familypartnershc.org with any questions!