

BECOMING THE BEST MOM YOU KNOW, STARTS HERE!

# M2M

MOTHER 2 MOTHER

LIFE CHANGING **FREE** WORKSHOP

## HOT TOPICS INCLUDE

- EXPLORE NEW ROLES AS A MOTHER
- DISCUSS EFFECTIVE COMMUNICATION TECHNIQUES
- FIND OUT HOW OTHER WOMEN TAKE ON NEW RESPONSIBILITIES OF MOTHERHOOD
- HEAR WAYS TO SPEND QUALITY TIME WITH YOUR CHILDREN
- EXPERIENCE HOW YOU CAN "LET GO" OF THE PAST
- HOW TO INCREASE YOUR COMMITMENT WHILE BALANCING OTHER COMMITMENTS

FREE CONTINENTAL BREAKFAST AND LUNCH PROVIDED  
CERTIFICATES OF COMPLETION GIVEN AT THE END OF THE  
WORKSHOP. NO CHILDCARE PROVIDED, NO CHILDREN PLEASE!!

**05.07.20**  
**THURSDAY**  
**9:30-4:00**

## RSVP

BY PHONE:  
602-774-3298

BY EMAIL:  
INFO@FATHERMATTERS.ORG

FOR MORE INFORMATION  
AND FUTURE DATES:  
WWW.FATHERMATTERS.ORG

## LOCATION

### M2M WORKSHOP

BROOKS COMMUNITY SCHOOL  
3146 E. WIER AVE. PHOENIX, AZ 85040

## THANK YOU



ON FACEBOOK &  
FATHERMATTERS.ORG