



Life Connections
Parenting Resource & Pregnancy Support Center

MomTalk

INSPIRE • ENCOURAGE • SUPPORT

MomTalk is a group that celebrates mothers and all the rewards and challenges of raising children on a daily basis. Becoming a mom is life-changing and fulfilling but can also be overwhelming and lonely. Join us each week and meet new friends, relieve stress, gain new skills, and get crafty!

Professionals in the community share their knowledge on a variety of topics including parenting, nutrition/fitness, budgeting, faith building, self-care and home management.

In addition, our wonderful volunteers provide lunch (no cooking for you!) and childcare free of charge!



*Diane Middendorf,
Group Facilitator*

**We meet every Tuesday,
starting September 10th
Noon - 2:00 pm**

Lakes Community Church, Door #2
490 Voyager Drive, Alexandria MN

Registration is required to assure enough childcare is available. Call Life Connections with questions or to sign up today! We look forward to meeting you!

Register by calling Life Connections at 320-762-1224