

MOMS UNITED

If you are expecting or have young children,
THIS IS THE PLACE TO BE!
Join other moms for Support, Advice, Activity and
Long Term connections.

LOCKPORT

YMCA

19 East Avenue, Lockport, NY

Mondays at 9:00 AM - Call for Childcare Availability

Jan 25th
Feb 22nd
March 28th
April 25th
June 6th



	Topic	Theme
January	Extreme Couponing	Budgeting
February	Scrapbooking	Everyday Moments
March	Post Partum Depression	Support
April	Taking care of yourself	Fitness
May	Spa Day	Stress Relief
June	Free activities to do when your Children are home	Family Fun

**For more information contact:
Healthy Families Niagara at 285-6984**



Family & Children's Service of Niagara