

Free Mothers Support Group



A support group for mothers and women in a mothering role with Family Court experiences. All are welcome!

- * Support while navigating through the Family Court system.
- * Learn how to balance motherhood, work, and personal time.
- * Learn about free programs in your community for you and your children.
- * Share your thoughts and find strength within a community of mothers.

Every other Thursday at 5:30pm

Upcoming Mothers Support Group Meetings:

May 3, May 17, May 31, June 14, June 28

Pizza will be served. MetroCards will be provided.



Legal Information for Families Today (LIFT)
350 Broadway, Room 501, Manhattan
(Between Franklin & Leonard Street)

For more information:

Call (212) 343-1122

Email SupportGroup@LIFTonline.org

Visit www.LIFTonline.org