


# Grow together: Our Journey as Moms

Facilitated by Lycia Ebanks, MSW.

Looking for a space to connect, share, and find support?  
Join us for a chance to come together with other moms in a relaxed,  
welcoming environment.

Whether you're navigating the ups and downs of motherhood, looking for advice,  
or just need to talk to someone who understands, we've got you covered.  
Come as you are and take some time for yourself—no pressure, just real  
conversations and a supportive community.

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- Starting on 09/25
  - 8-week program on Thursdays
  - From 4:30-5:30 pm
  - Childcare is provided
  - Registration is required:  
(508) 815-5100



29 Bassett Lane, Hyannis, MA 02601