

Hosted by Compassionate Connections, LLC

Facilitated by Elizabeth Allocca, LCSW

COMFORT, CONNECTIONS & EMPOWERMENT VIRTUAL GROUP FOR MOMS

Moms are constantly multitasking. However, sometimes we just need to STOP & focus on ourselves. Sounds impossible, right? Let's try to make it possible! Take 1 hour for yourself in the comfort of your home each week, & you can get the compassion, care & empowerment you deserve!



**TUESDAYS 730PM-830PM
STARTING JULY 22**



**Find a quiet, private space
Weekly Virtual Sessions
Come When you Can
\$30 per session**

**Reach out to sign up
elizabethalloccalcs@gmail.com
Text/Call: 551-246-1524**

