



# Club Mom

Dedicated to strengthening our village  
by focusing on the well-being of:

- Individuals
- Families
- Community

Club Mom support group meets the  
fourth Monday of every month,  
5 - 7 p.m.

A resource for families with  
children 0-5 years

ARTS-US Recreation Center  
1221 Marshall Avenue, St. Paul, MN 55104



## What goes on at Club Mom?

- Social support and stress management
- Parent education and activities for children 0-5 years
- Nutrition and gardening classes
- Leadership opportunities
- Resources to other programs and community engagement



## Join us if you are...

- Pregnant
- Parenting children birth to 5 years
- 19+ years old

Dinner is provided at Club Mom support group.

## Refer a dad...

We offer a partner program called Club Dad.

**For more information, please contact:**

### **Club Mom Coordinator**

Nina Harris, BA

[nina.harris@co.ramsey.mn.us](mailto:nina.harris@co.ramsey.mn.us)

651-266-1545