

## Building Bonds

- ♥ Feeling Overwhelmed?
- ♥ Need an Understanding Friend?
- ♥ Need a Heart 2 Heart?
- ♥ Do you knit or want to learn?
- ♥ Looking for some new arts or crafts?
- ♥ Enjoy good coffee or tea?

If you answered yes to any of these questions, then come join the fun!

Often, just “being” in the presence of another mom who is experiencing the same “similar” lifestyle can be comforting. With another understanding Mom, words aren’t always necessary. This Mom2Mom interaction is uplifting, mutually beneficial, and is vital in becoming re-energized to carry on the day to day task of raising a child (ren) with behavioral difficulties.

Please join us!!

## Finding Comfort and Lasting Friendships

The cloud can get pretty dark and thick in a household with a child who has behavioral difficulties. Humor, then becomes more important than ever!

I have found friendships & companionships with “like” women, are a critical part of my parenting. For some, it may be difficult reaching out, but when you take that first step, the rest will fall into place.

We won’t be able to “fix” the problems you have; and we are not therapists. What we will do, is have some laughs, share a great cup of coffee or tea, and enjoy the company of another incredible Mom! A Mom who has the strength and courage to parent a child or children which have behavioral difficulties.

Spending time with other Moms will help with your ability to stay positive, when you often feels hopeless.

I look forward to meeting you.

Melissa

*Ps. I make house calls☺*

Phone: 907-376-0506  
Parent Support Line: 907-373-6937  
E-mail: melissa@ravenrespite.org

## Mom2Mom



A “Fun “ support group  
for moms parenting  
behaviorally challenged  
children.

Sponsored by R.A.V.E.N.  
Respite Project,  
A  
Project of Alaska Attachment & Bonding  
Associates  
AABA

Melissa: 907-376-0506

