

Connection & Compassion: Not Perfection

The J's Family Center Presents:

Mom's Support Circle

led by Jessica Manela Litwack, MSW, CGSC

Together we will share stories, vent, and learn tools for navigating the emotional side of motherhood.

Learn practical tools for

- Emotional regulation
- A deeper sense of connection and belonging
- Confidence to show up as your authentic self
- Addressing sleep concerns

Jessica Manela Litwack, (MSW, CGSC), has 14 years + of experience working with moms and families.



Thursdays
January 29 – March 5
11am-12:30pm

The J in Chesterfield
Marilyn Fox Building | Marilyn and Sam Fox Campus
16801 Baxter Road, Chesterfield, MO 63005

Free | Member and Non-Member
Bring your baby up to 18 months and learn together!



For Program Info and Registration
Scan the QR Code or visit
jccstl.com/familycenter

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