

Looking to grow your support and connect with other moms?

We are inviting **mothers** eligible for or enrolled in **Head Start, SNAP, FITAP, WIC, or Medicaid** programs with **children ages 3-5** to join **Mom Power**, a virtual program for mothers and a research study through the Tulane Child & Family Lab.



After completing the program:

- 100% of moms agreed they learned coping strategies for themselves.
- 100% of moms strongly agreed that they have more confidence as a mother.
- 100% of moms agreed their children's behavior improved

"We get on Zoom and talk about the everyday struggles or triumphs that we have with our kids, and just personal life and how we navigate through it. They give you little tips and things like that to help you through it."

-Kingsley House Mom Power graduate

To Enroll:

Call or text us your interest at 504.206.2910

Or Email childandfamilylab@tulane.edu

10-week program - Participating families will either...

(1) Be placed in our **parenting support groups**, of weekly virtual group sessions plus 3 one-on-one sessions with our trained facilitators

- **Tablets and Wi-Fi provided during the program for families**
- **Families receive \$50 in e-gift cards for each individual session and \$15 per group -up to \$300 total**
- **Small toys and gifts provided to children**
- **Groups will take place virtually on **Thursdays from 3:30-5:00 PM****

OR

(2) Be enrolled in a **weekly Mom Power newsletter** with parenting and self-care information and tips and receive 3 one-on-one sessions with our trained facilitators

- **Families receive \$50 in e-gift cards for each individual group session - up to \$150 total**
- **Small toys and gifts provided to children**

Check out what our Mom Power graduates have to say about the program...

Heard dat!



"We could just speak freely and not feel judged by whatever your answers were."

"I liked the open floor best. I thought it was pretty cool that we shared different experiences and tips."

"The self-care skills and ways to calm down in different situations are really going to stick with me"

"I like hearing other mom's stories and saying, 'okay-- what can I do in my own life with my own children to make things better for them?' "

"It was nice to know that you're not the only mom going through whatever you're going through."