

In this modern, social media era it is easier than ever to “connect” with people, but as us moms sit in houses with children, these electronic methods don’t seem to suffice. Even with the most supportive partner, during those late-night feedings or days at home with a babe strapped to your chest, a mom can feel alone. On top of this loneliness is all the demanding work moms do, that seems to go unnoticed. The mental workload of the things to do, worries, and concerns are invisible and intangible- but, they can be the most draining of them all. Being a mom is one of the hardest and isolating jobs a person can have, but we are not alone . There are others who understand-other moms. Where can we find these other moms? There is a saying- it takes a village to raise a child. Where are these villages? These tribes of women collaborating?

In comes a new rebranded program starting this January to the Crowsnest Pass and area. A new social group for moms with the added benefit of support. Mom4Moms. A tribe for moms to call their own.

The mission of this program is to empower women, in all stages and phases of life, to being happy, healthy, strong, and connected. Moms in the program be a part of an amazing community, they also can access mentorship in the areas of self-esteem, self-care, personal skills and parenting skills.

What you can expect is a safe, social environment, where as moms, you get to talk about being a mom. This includes all the joys and challenges of the role. The group meetings will have such things as coffee, guest speakers, pamper days and a wide variety of kid friendly activity ideas- AND free childcare is available during the meetings!

On Saturday, January 13th, from 9 am to 1 pm at the Compass Center in Blairmore the Mom 4 Moms is hosting an open house. They would like to invite all moms to come for a free pancake breakfast, stay for some fun with your kids, and walk away with understanding of all this program has to offer moms.

Transportation can be provided if required. Email or call Barb for more information at mom4moms@cnpparentlink.com or 403 563 9392.