



# Black Mothers'



## Support Circle

Are you a Black pregnant woman or postpartum with a child(ren) up to 4 years old? Has child care and motherhood felt impossible for you since COVID-19? Do you need a safe space to talk with other Black mothers with whom you can relate to? We welcome you to join a FREE 8-week ONLINE support group created just to support your wellness journey!

**Starts on February 25th, Thursdays 6-8 pm.**  
**Please email [BMSCircle@gmail.com](mailto:BMSCircle@gmail.com) for more information and registration. Space is limited!**



**Facilitated by: Quantanise W. and LaShawn D.**  
**In partnership with**

*The Women's Center*  
*of Southeastern Michigan*

[www.WomensCenterSEMI.org](http://www.WomensCenterSEMI.org) | 734.973.6779