

Mom's In The Muck Inc.

PRESENTS

Pregnancy & Postpartum Support Groups



Bree Spence
Doula, CLC & MITM Host

A series of maternal health support groups designed to educate, empower and support women in rural areas to reduce maternal and infant mortality, improve birthing outcomes and build community.

Dates:
BRIDGES @ Belle Glade
5-7 PM

6/24/2025

7/15/2025

8/20/2025

9/20/2025

Upcoming Topics/Activities

Dads In The Muck: Partner Support

Dream Team: Moms Navigating Sleep Regression

Mama Knows: Newborn Care Procedures

Light After Loss: Infant Mortality Awareness

Dates:
BRIDGES @ Pahokee
5-7 PM

6/12/2025

7/29/2025

8/27/2025

9/24/2025

**Contact Bree for
more Information**

 561-463-9341

 momsinthemuckinc@gmail.com



**REFRESHMENTS AND
GIVEAWAYS!**

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WESTSIDE GAZETTE
Alameda County's Oldest and Largest African American Owned and Operated Newspaper

Moms In The Muck Inc.

REGALOS

Grupos de apoyo para el embarazo y el posparto



**Bree Spence Doula, CLC
y anfitriona de MITM**

Una serie de grupos de apoyo a la salud materna diseñados para educar, empoderar y apoyar a las mujeres en áreas rurales para reducir la mortalidad materna e infantil, mejorar los resultados del parto y construir una comunidad.

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9/20/2025

Próximos temas/actividades

Papás en el lodo: Apoyo a la pareja

Dream Team: Mamás que enfrentan la regresión del sueño

Mamá sabe: procedimientos para el cuidado del recién nacido

Luz después de la pérdida: Concientización sobre la mortalidad infantil

Fechas:
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**Contacte con Bree
para más información**



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Families Empowered, Communities Connected
a division of Children's Services Council

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PREZANTE

Gwoup Sipò Gwosès ak Apre Akouchman



**Bree Spence Doula,
Animatris CLC ak MITM**

Yon seri gwoup sipò sante matènèl ki fèt pou edike, bay fanm nan zòn riral yo pouvwa, epi sipòte yo pou diminye mòtalite matènèl ak tibebe, amelyore rezilta akouchman epi bati kominote.

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Sijè/Aktivite kap vini yo

Papa nan labou a: Sipò Patnè

Ekip rèv: Manman k ap navige nan regresyon dòmi

Manman Konnen: Pwosedi Swen Tibebe Ki Fenk Fèt

Limyè Apre Pèt: Konsyantizasyon sou Mòtalite Tibebe

Dat:
BRIDGES @ Pahokee
5-7 PM

6/12/2025

7/29/2025

8/27/2025

9/24/2025

**Kontakte Bree pou
plis enfòmasyon**



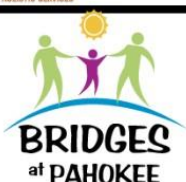
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KADO!**

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