



WHERE NEW
BEGINNINGS
COME TO LIGHT

PARENT WELLNESS PROGRAM

Are you interested in creating more opportunities for your family? Do you have ideas about where you'd like you and your family to be in the future, but need help seeing the path to get there? Does it feel too overwhelming to set and achieve goals? Want to thrive, but stuck in survive? Our FREE Parent Wellness program supports parents and caregivers in creating a path to the future they envision. Using the EMPATH Mobility Mentoring model, families work with a mentor to identify goals that are important to them and create a plan to achieve those goals. Participating families will:

- Receive individualized support to set and reach their goals.
- Identify and access community resources.
- Increase their support system.
- Receive incentives for taking the steps towards their goals.

To participate in this free program, please call or text Erika Musselman at (413) 281-0639 or email emusselman@18Degreesma.org.

Join us and
create your
own path
to success!

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United Way of the Franklin &
Hampshire Region



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