

"IF IT TAKES A VILLAGE TO RAISE A CHILD,
IT TAKES A VILLAGE
TO SUPPORT THAT CHILD'S PARENT."
- ANN DOUGLAS



PARENTS GROUP

Join Aunt Martha's staff for a bi-weekly support group where parents will have a safe place to vent, ask questions, receive training, information, and new ideas on self-care and more. There will be a guest speaker each month. Door prizes and snacks will be offered.

The parent support group is open to all Comprehensive Community Based Youth Services, Mobile Crisis Response, Reporting Center, and Youth4Ward parents and parents in our communities.

All meetings are in person.

Time: 5:30 pm to 7:00 pm



Parent Support Group

Meetings are held
every 1st and 3rd
Thursday of the month.

October 5 & 19

November 2 & 16

December 7 & 21

OUR MISSION

Aunt Martha's Health and Wellness boldly commits to supporting the well-being of our communities, ensuring equity in access, and delivering exceptional care inspired by a culture of innovation.

**Meetings will be held at our
Palos Heights location**

Aunt Martha's Health &
Wellness

12021 S Harlem Palos Heights
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If you have any questions, feel
free to call or email Ericka
Leonard-Whorton at:

708-825-3066

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