



## Benton-Franklin Health District

### Safe Babies, Safe Moms

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Prevent Promote Protect

# Safe Babies Safe Moms Behavioral Health Groups

All classes are held in Classroom #3 at the Benton-Franklin Health District.  
Children under 6 months may attend.

### Support Group & Breakfast

9:00-10:00 Friday

Support Group offers a safe, supportive environment for women to share daily life experiences. Support group is designed to give clients a time to talk with each other and staff and see how they are doing. The breakfast provides a chance for sharing a meal and the importance of nutrition.

### Education Class

10:00-11:30 Friday

Education Class is teaching a One Circle Foundation curriculum called Women's Circle. Women's Circle is a support group for women to share and explore, empower, build skills and encourage one another to live authentically in mind, body, heart and spirit.

### Art Therapy Class

11:30-1:00 Friday

Art Therapy Group encourages individual growth and self-esteem by using creative skills as a healthy coping mechanism, and providing an opportunity for therapeutic insight in the process of creating art in a safe, trusting group environment.