



# Mommy and Me!

Support and Information for Moms with new babies and toddlers

Join other new moms in this small, casual group setting. Bring your little one(s) and your snacks/lunch. Talk about life with your new baby.

**Free** group meets Thursdays from 11:30 a.m. to 1 p.m.

Hillcrest North Campus Building  
6777 Mayfield Rd.

For more information, please call 440.312.4647 or  
email [ChildbirthEducationClasses@ccf.org](mailto:ChildbirthEducationClasses@ccf.org)