



Our Mission

To enhance the human condition by fostering a positive impact between generations.

We fulfill our mission by connecting with community organizations that address the well being of mothers.

Programs & Services

Support Calls

Our monthly support calls offer a space for reflection, guidance and emotional support. Through meaningful conversations, moms can explore their thoughts, feelings, gain clarity on challenges, and discover their inner strengths.

Partnerships

We collaborate with other organizations to create a network of supports that address the well-being of mothers. We leverage our expertise and resource to provide diverse needs. By working together we can amplify a positive impact on mothers, children and families.

Referrals

By connecting participants with specialized resources and supports that are tailored to their needs, we bridge the gap between mothers and the resources. Our participants gain access to valuable tools and expertise that can significantly enhance their well-being and that of their children and families.

Workshops

Each workshop is designed to equip individuals with practical tools and knowledge while strengthening their abilities. These workshops empower participants to develop new perspectives that will support decision-making.

Activities

Through our enrichment activities participants explore their interest and talents, foster personal growth and develop a clearer sense of identity and purpose. As they engage in these activities, they gain new experiences and insights, which contribute to a deeper understanding of their values, strengths and passions.

Upcoming

Support Calls

4th Sunday's at 11am

March 23rd - 8 Dimensions of Wellness

*April 26th - Mental Wellness (Saturday)

May 25th- Emotional Wellness

June 22nd - Environmental Wellness

Workshops

2nd Wednesday at 7pm

April 9th - "What is happening in my brain?"

May 14th- "How do I NOT loose my sh&*%?"

June 11th - "Who the heck put that there?"

If you are interested in any of the above - [CLICK HERE](#)

About Us

Carmen Reyes Executive Director



I'm a mother of three children and believe that mothers deserve unwavering support, understanding, and a strong community in order for them and their family to thrive. As a licensed social worker I'm committed to closing the gap between people and the resources that enhance their quality of their lives.

Shirley Gomez Board Chair



A proud mom of an amazing teen who is powered by love, laughter, and lots of coffee. I have a passion to advocate & educate to empower moms.



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