

HEY, ARE YOU A MOM IN RECOVERY?

**Join a new online community, just for you.
Welcome to The MOM NEST!**

MOthers Meet to Nurture Empower Support & Thrive

What is it?

A non-judgmental place to chat, run by other moms in recovery! Post & respond on your own time.

Why Join?

- Honest conversations
- A space dedicated to your growth
- Build empowering relationships

How to join:

1

Create an account here:



2

We will add you to our private group

3

Make your first post to get a gift card!

Questions?

Email our moderator -
haley.s.martell@hitchcock.org



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