

# Momma Circles

## Free support group for moms and little ones

- Every second Wednesday of each month
- Time- 1:00pm-2:30pm
- Located at Eagle City Hall
- Message from an IBCLC
- Q & A
- Support and Connection with other mothers
- Baby weighing station

**February 8, 2023**

### Relationships

**After having kids it can be a struggle to connect with your partner. Let's talk about the changes in relationship and how you may find new ways of balancing your roles as parents and partners.**

**Please RSVP to 208.912.5682**

