



# ! — FAMILY — connection groups — !

## SUPPORT THAT MEETS YOU IN THE MIDDLE OF IT ALL.

Fred Rogers Institute's Family Connection Groups are for moms of children ages 0-5 to share in their everyday experiences caring for their children. This is not a class, but an opportunity to connect with, and be supported by, other moms!

Meetings are on Mondays from 11:30 A.M. - 12:30 P.M. from March 2 - April 27, 2026.

WHEN:	WHERE:	COST:
March - April 2026	Virtual via Zoom	Free!

Space in these groups is limited!  
Sign up by February 13, 2026 for this first come, first served opportunity.

“Sometimes you need a safe space with other moms you can be vulnerable with and it's okay to need to be vulnerable.”

- Previous Participant

Scan the QR code to learn more and sign up for the Fred Rogers Institute's Family Connection Groups.



FRED ROGERS INSTITUTE  
Saint Vincent College