



It's free!

HAVE YOU HEARD OF THERAPY OR COUNSELING?

THERAPY IS A GREAT PLACE FOR PROBLEM SOLVING, EXPLORING EMOTIONS AND THOUGHTS, AND
▶▶▶ DISCOVERING WAYS TO FEEL BETTER!

Therapy is a place of safety. It is a place that is free of judgement. A place where no thought or feeling is beyond understanding.

Talk to your home visitor or group facilitator to get started!

Earn Baby Bucks!!

**Available to
both Moms
and Dads!!
Couples too!**

