

## Let's Talk About It

- Register free for S.W.I.M. support groups
- Meetings available First and Third Monday of every month
- Call: 519-432-5454 to register
- St. Joseph Hospital from 7 to 9 p.m. Roney building Room #D1226-228
- Anyone is Welcome!

## Because Single Moms Matter!

S.W.I.M. believes that helping a single mother helps her whole family. It is the best way to ensure the health and happiness of each member of the family.

Participants then:

- "Talk About It"
- Share recent journeys & experiences
- Share successes & worries
- Have discussions to find positives from personal experiences

**Any inquiries please call or email Parisa Rahnema, Program Coordinator**

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