

## What is the DC MOMS Partnership<sup>SM</sup>?

The DC Mental health Outreach for MotherS (MOMS) Partnership<sup>SM</sup> is a new program offered to mothers receiving TANF. The program is provided by the Department of Human Services (DHS), which is collaborating with Yale University where the MOMS Partnership® program was developed.

The purpose of MOMS is to support mothers with life stress. MOMS literally meets mothers where they are, providing services in places like grocery stores and libraries. In the New Haven MOMS program in Connecticut:



Three of every four participants find their symptoms of depression to drop.



Children of participants attend 6 more days of school each year than their peers.



Participants become more likely to have part-time jobs.



Families become much more able to meet their basic needs.

## The DC MOMS Stress Management Course

Are you a mother or caregiver who is carrying a lot on your back? Could you use a break in your day to focus on you? Then DC MOMS' Stress Management course could be the right fit for you.

In classes run by a Community Mental Health Ambassador and a social worker, you will get support and learn together about topics such as:

- Steps for problem-solving
- Communication styles
- Balancing stress and fun
- Relaxation tips

We asked and listened! Stress Management classes are held in places that mothers said would be convenient:

- Bright Beginnings (3418 4th St. SE)
- Phillips@THEARC (1901 Mississippi Ave. SE)

Classes start in April 2019, are 90 minutes once a week on Tuesdays or Thursdays, and last for eight weeks.

## What You Can Get Out of DC MOMS



- Skills to help you manage the stress you deal with
- Giant gift cards for signing consent forms and participating in surveys during classes
- Other helpful items during the classes

## Who Can Participate in DC MOMS



You will qualify if you:

- 1) identify as a woman
- 2) are the mother or primary caregiver of a child under 18 years old
- 3) are currently receiving TANF through DC's Department of Human Services
- 4) have a certain level of emotional struggle, as determined by a survey you will complete

**To start the process to see if you qualify, please call Ashley White at DHS at 202-698-1854.**