MOMS Stress Management Classes are coming to Monterey Place, and will be open to eligible Monterey residents, and Newhallville mothers receiving Section 8 (or other forms of HUD rental assistance). In the past, MOMS Stress Management Classes were available only to mothers living in specific Housing Authority sites. While we will continue to hold the stress management classes at Housing Authority sites, this expansion will give mothers living in the neighborhoods where the classes are active, the opportunity to participate.

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ENROLL IN OUR NEXT STRESS MANAGEMENT CLASS AT MONTEREY PLACE

Are you a mom who’s carrying a lot on your back? Could you use a break in your day to focus on YOU?

The New Haven MOMS Partnership is offering 8 sessions on maintaining a healthy mood, healthy thoughts, and healthy behaviors in the midst of day to day stressors. Sessions will be held in the Monterey Place Community Center once a week for 8 weeks. Exact times and dates TBD. Earn up to $380 in gift cards for your time commitment.

TO BE ELIGIBLE YOU MUST …
- Be the mother or primary caregiver of a child under the age of 18
- Live at Monterey Place or receive Section 8 or HUD rental assistance in the Newhallville neighborhood
- Complete our basic needs assessment to determine eligibility
New mothers may sometimes feel lonely after giving birth, making it harder to form a healthy mother-infant bond with their baby. “MoMba” is a social media application that connects mothers locally. New mothers can earn tokens for completing interactive challenges, reading facts, and engaging with other mothers and their community. Tokens can then be redeemed for Wal-Mart gift cards.

We are looking for 40 pregnant women to participate in this study. 40 eligible mothers will receive iPhones - 20 will receive the MOMBA app on their phone.

To be eligible you must...

♦ Be 18 or older, and in your 2nd or 3rd trimester of pregnancy
♦ Live in New Haven
♦ Complete a eligibility screening

Call us at 203-764-8125, or visit mobamom.org for more information.
ARE YOU A GRADUATE OF THE MOMS STRESS MANAGEMENT CLASS? YOU MAY BE DUE FOR A FOLLOW-UP SOON!

MOMS STRESS MANAGEMENT CLASS FOLLOW UP SCHEDULE

<table>
<thead>
<tr>
<th>Site, Graduation Date</th>
<th>6 Month Follow-Ups Due</th>
<th>1 Year Follow-Ups Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farnam Courts, December 2012</td>
<td>Completed</td>
<td>December 2013</td>
</tr>
<tr>
<td>Farnam Courts, March 2013</td>
<td>Completed</td>
<td>March 2014</td>
</tr>
<tr>
<td>Farnam Courts, May 2013</td>
<td>December 2013</td>
<td>May 2014</td>
</tr>
<tr>
<td>Farnam Courts, September 2013</td>
<td>March 2014</td>
<td>September 2014</td>
</tr>
<tr>
<td>Quinnipiac Terrace, July 2013</td>
<td>January 2014</td>
<td>July 2014</td>
</tr>
<tr>
<td>Quinnipiac Terrace, December 2013</td>
<td>June 2014</td>
<td>December 2014</td>
</tr>
</tbody>
</table>

If you are past due for a follow up, or would like to schedule your upcoming follow up, please give us a call at 203-764-8125. We call all graduates to schedule appointments by phone so if your contact information has changed, please call us with your updated information ASAP.

Earn $70 in Wal-Mart gift cards for completing each follow up.

newhavenmomspartnership.org
Click the “Join Us” tab and complete the form to request specific information about our programs

CONNECT WITH MOMS PARTNERSHIP

(See Page 4)
New Haven MOMS Partnership

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Guide Team Member Organizations

All Our Kin
Clifford Beers Clinic
Housing Authority of New Haven
New Haven Health Department
New Haven Healthy Start
State of Connecticut Department of Children and Families
The Diaper Bank
Yale School of Medicine

THE NEW HAVEN MOMS PARTNERSHIP