

ACF HEART Program

Wednesday, October 21
12 – 1 p.m.

Guest Speaker:

Chanielle Talbird, MS, IMH-E®

Program Manager, Methodist Le Bonheur

Community Outreach's Le Bonheur HEART (Helping Every Area of
Relationships Thrive) Program



Join us to learn about Le Bonheur HEART (Helping Every Area of Relationships Thrive), a five-year program funded by the Administration for Children and Families. HEART will offer free co-parenting sessions to pregnant, first-time moms and mothers with children ages 5 and younger in Shelby County, along with their co-parent of choice. Delivered in an interactive, classroom-style setting, a male and a female co-facilitator will lead the classes using an evidence-based curriculum called Family Foundations. Some topics will include Building a Family, Feeling & Conflicts and Benefits of Marriage. A question-and-answer session will follow the discussion.

Join us on Zoom: <https://mlh-org.zoom.us/j/98664426243>

Meeting ID: 986 6442 6243

For more information, visit

www.methodisthealth.org/kitchentabletalks.

