

## Support Groups for Families in Missoula

**(Missoula) Play Network** The Play Network is open to parents and caregivers who volunteer to create a community of mutual support, learning, and fun for children and families, through playgroups and activities.

Meets at the Clark Fork City Church, 2811 Latimer (no affiliation with the church)

Call for meeting dates and times: Molly Stockdale, [playnetworkmissoula@gmail.com](mailto:playnetworkmissoula@gmail.com), 541-MOMS (6667)

**Mothers of Preschoolers (MOPS)** As part of an international organization, MOPS helps moms of young children through relationships developed at nondenominational faith-based meetings that are caring and fun.

Meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month at the Christian Life Center, 3801 Russell, 10-11:30 AM

Contact: Suzanne Bancale, 327-0124 or [bancales@q.com](mailto:bancales@q.com)

**Luna Moms Club** Luna Moms is supported by Stroller Strides of Missoula (a fitness program) and offers play groups, Moms' night out, and organized activities that give back to children, families, and the environment.

Call or check website for dates and times: [www.strollerstrides.net/missoula/playdays/](http://www.strollerstrides.net/missoula/playdays/)

Contact: Stephanie Topp, 370-9374 or [stephanietopp@strollerstrides.net](mailto:stephanietopp@strollerstrides.net)

**New Moms Support Group** This group provides an opportunity for new moms to get together and talk openly about the ups and downs of motherhood.

Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of month at the Public Library, 301 E. Main, 10:30 AM

Contact: Lara Mattson-Radle, 721-7690

**Young Moms Support Group and Young Dads Support Group** These two groups welcome young mothers through age 21 and young fathers through age 24. Meetings include floor time with the children, a free dinner, and adult group time with free child care.

Both groups meet on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month at WORD, 2525 Palmer, Suite 1, 4:30 PM

Contact: Futures Program at WORD, 543-3550

**Life Steps Parenting** This group is open to moms up to age 24 who are pregnant or have a baby up to 6 months old. Each session has a life skills topic and offers support.

Meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month at 1<sup>st</sup> Way Pregnancy, 1515 Fairview Avenue

Contact: Crystal Galiher, 1<sup>st</sup> Way Pregnancy (faith-based), 532-1588

**Relatives as Parents** This group helps kinship families find answers to difficult questions, gain access to resources and receive support from other families in similar situations.

Call to put your name on the list of interested families: Families First, 721-7690

**Parents of Multiples** This group provides support to mothers of twins, triplets, and more!

Meets 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month at the Nursing Nook, 1900 S. Reserve St., 12:30-1:30 PM

Contact: Nursing Nook, 721-5440 or [info@nursingnook.net](mailto:info@nursingnook.net), [www.nursingnook.net](http://www.nursingnook.net)

**Mamas Working out of the Home** and **New Mamas Breastfeeding Support Group**

Call or e-mail if you are interested in either of these two groups/networks that are starting up now.

Contact: Nursing Nook, 721-5440 or [info@nursingnook.net](mailto:info@nursingnook.net), [www.nursingnook.net](http://www.nursingnook.net)

**La Leche League of Missoula** LLL provides information and mother-to-mother support to breastfeeding families. It is also a support network for pregnant women to mothers nursing toddlers.

Meets 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month at the Public Library, 301 E. Main, 11:30 AM

Contact: Eva, 721-6111

**Montana Community Autism and Asperger's Network (MT CAN)** This group raises awareness about autism and related disorders, and provides support to parents.

Meets the 3<sup>rd</sup> Thursday of the month at the Missoula Public Library, 301 East Main, 7 PM (time may vary)

Contact: Tami Williams, [weneedpeace@yahoo.com](mailto:weneedpeace@yahoo.com); or Lisa Langston, 251-6505, [thelangstons@peoplepc.com](mailto:thelangstons@peoplepc.com)

**Circle of Peace Women's and Children's Groups** These groups are open to women who have experienced domestic or sexual violence and children who have witnessed violence. A Native American-led talking circle is also offered.

Meet on Tuesday nights at the YWCA, 1130 West Broadway, 6:30-8 PM

Contact: Jamie McGarvey (women) or Nicole Gratch (children), 543-6691, [www.ywcaofmissoula.org](http://www.ywcaofmissoula.org)

**HOPEabc (Helping Other Parents of Emotionally and behaviorally challenged children)**

HOPEabc is a parent-led peer support group for parents of children with challenging behaviors.

Call for meeting dates, times and place: Pam Koeplin, 880-3522

MISSOULA FORUM  FOR CHILDREN & YOUTH



To add your group to this list or make corrections, contact the Healthy Start Council, 721-3000, X 1022. (8-09)

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