

Madres Unidas | Mothers United offers moms a safe space to grow



Mothers and children in Madres Unidas with FLE staff member Maryann Perez (center).

“Madres Unidas” (Mothers United), is one of several programs Family Life Education (FLE) offers moms in our community. The goal of this free, interactive program is to help these moms to become more confident and effective parents by teaching them to be more “present” with their children amid the demands of their busy days. During the group sessions, instructors teach and coach participants ways to manage day-to-day struggles of parenting and juggle their time so that they can maintain quality time with their children.

Madres Unidas is a safe and compassionate space where participants are supported and soon come to understand that regardless of their age, race, or native country, everyone desires the same things for their children: success, health, and joy.

During the ongoing Madres Unidas sessions, parents are taught to create and deliver presentations to the group on topics of interest. This experience further supports their growth as mothers and women ultimately leading them to finding their voice and becoming productive members of the community.

For more information on Madres Unidas or any of our other programs for parents, visit familylifeedu.org or contact (860)231-7744.

Family Life Education 2019 by the numbers



1 innovative service model emphasizing self-efficacy

2 exercise class options Zumba & Yoga



operating **1 of 6** family centers in Hartford network

10+ collaborations with community providers

13 staff members board members



26 mobile food deliveries to 130 individuals bi-weekly



40 hours a week wellness center open for families

100 percent minority and low-income families served



208 healthy cooking classes



400+ parent participants

over **650** children served

750 participate in opioid misuse prevention training



1,198,511 dollars in budget