



# Welcome to Press"N" Forward

Press "N" Forward program offers monthly self-care sessions designed for mothers, caregivers, and household members to increase socialization during times of adversity. Food and supplies will be provided.

Activities include:

- Music Therapy
- Self Care Activities & Discussions
- Art & Crafts
- Physical Activities (Yoga, Zumba, Meditation)

This program operates solely on donations and is not guaranteed.

There are no income guidelines; recipients are selected based on the order of request. We adhere to a strict non-discrimination policy, ensuring that all children, regardless of background or circumstance, are treated with fairness and compassion.

Submit a service request form, and our team will contact you within 24-48 hours.

