

# **P-2371 VT MOMS PARTNERSHIP PROCEDURES**

## **(24-06)**

VT MOMS is an 8-week stress management group offered to mothers who would like support with relaxation tips, balancing responsibilities with fun, problem solving tips, communication strategies and more. VT MOMS is led by a community Mental Health Ambassador and VT MOMS Clinician and is offered on a rotating basis throughout the year. Classes are 90 minutes long and will be held over zoom and/or in person.

### **Who is eligible to apply?**

- Be at least 18 or older and identify as a woman
- Be pregnant or the primary caregiver of a child under 18
- Be experiencing emotional challenges
- Be participating in Reach Up, Reach First, Reach Ahead, or the Post-Secondary Education program, or have participated in Reach Up in the last 2 years. Or are receiving the Child Only grant

### **Referral Process**

- Complete the VT MOMS referral form found at the following link: [VT MOMS Partnership Referral Form](#).
- Submit referrals to **[VTMoms@howardcenter.org](mailto:VTMoms@howardcenter.org)**
- The referral form asks for information about the participant including their UID number. To find the number, please check ACCESS under PERS/D/HIST. The participant's UID number will be listed on the top left corner of ACCESS.

