

THE MORE PROJECT

MOMS OFFERING RECOVERY EXPERIENCES

- *Recovery... Can Be Hard.*
- *Being a Mom... Can Be Hard.*
- *Being a Mom In Recovery... Can Be Super Overwhelming*

**You're
Not Alone**

ALL PHASES OF MOTHERHOOD

(PREGNANT, HAVE ADULT CHILDREN, OR ANYWHERE IN BETWEEN)

ALL STAGES & PATHWAYS OF RECOVERY

**SUPPORTING ALL MOMS TO RECOVER IN
THEIR OWN WAY - ON THEIR OWN TERMS!**



Safe
Confidential
Non-Judgmental
Inclusive
Trauma-Informed
Strength-Based
Support
Compassion
Encouragement

Must be 18yrs + And Live in Ocean County

**SOMETIMES... YOU NEED A LITTLE MORE SUPPORT!
BUT DON'T WORRY- WE GOT YOU!**



FOR MORE INFORMATION CONTACT:

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- ✓ **NO CHARGE**
- ✓ **NO INSURANCE**
- ✓ **NO JUDGEMENT**

*Just Complete
Acceptance & Support*

MHANJ-Ocean County

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