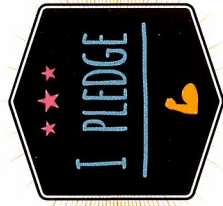


BEING A MOM CAN BE HARD. ⚡

Even if the world tells us we should be perfect, that we should do it all on our own, our strength is that we know better: we are not afraid to ask for help. Read the pledge below and then go to www.mountainhomemt.org to make it official.



TO ASK FOR HELP WHEN I NEED IT,
AND TO OFFER HELP WHEN I CAN.
TOGETHER, STRONG MOMS
CAN DO ANYTHING!

*For mothers between the ages of 16-29, Mountain Home Montana offers a full array of mental health services, including therapy and case management, employment support, and doula services for birth. Our Community Center offers parenting classes, life skills coaching, a drop-in center with free childcare, and more. Give us a call to find out which services you qualify for and to learn more!

406.541.4663



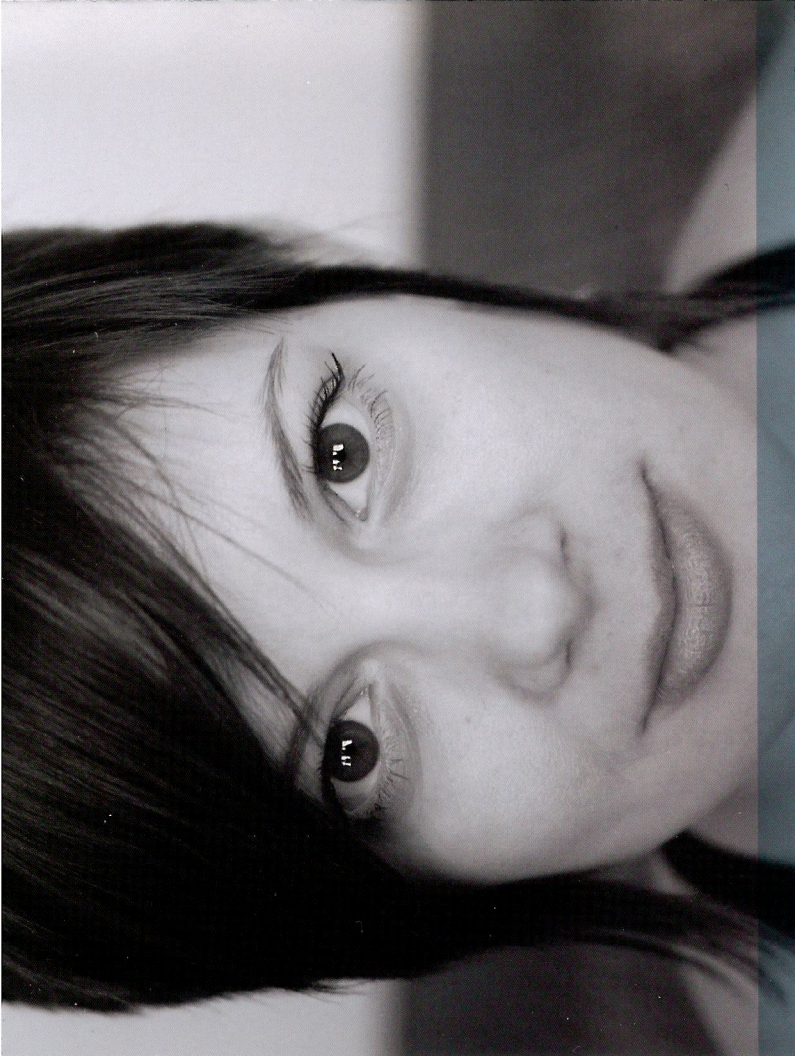
mountainhomemt.org



ASKING FOR HELP CAN BE DIFFICULT.
BUT, IT'S WORTH IT.

Mountain Home Montana has served more than 800 young mothers and children in the past 17 years.* Out of the many brave things we've seen those mothers accomplish—from moving into their first apartments to receiving their college degrees—each started with a simple first step:

THEY ASKED FOR HELP.



ASKING FOR HELP ISN'T A WEAKNESS, IT'S A STRENGTH. ⚡

Especially when it comes to mental health care—taking care of our minds, our moods, our fears—many moms feel that if they ask for help, they must be crazy, or people will judge them like they're crazy. But we know from experience that moms are strongest when we admit where we're vulnerable.

JOIN FORCES WITH OTHER MOMS. ♡

Sign our #strongmomsaskforhelp pledge at www.mountainhomemt.org today. It's simple. It's free. And it's a way to show that there's no shame in asking for help. **Our goal is for 2,000 moms to sign.**

AFTER YOU SIGN, HERE'S WHAT WE'LL DO:

1. After all the pledges have been gathered, Mountain Home will post our totals on Facebook and celebrate the Strong Moms movement!
2. We'll send you a follow up email with ideas and opportunities for giving and receiving help. If you don't like that kind of email, just let us know and we'll remove your name, no problem!



SIGN THE STRONG MOMS PLEDGE NOW
ONLINE AT MOUNTAINHOMEMT.ORG