

The page is framed by a decorative border of blue and light blue snowflake patterns. The snowflakes vary in size and are scattered around the edges of the page.

BLOOMINGDALE FAMILY PROGRAM

**Holidays can be tiring and
overwhelming so come refresh
with us!**

**Please join us for a
Mother's Group
on Self-Care during the Selfless
Season**

**Thursday, December 12th, 2019
At 8:30am**

**125 West 109th Street
(Parent's Room)**

***** Breakfast will be provided *****