

Cooking for Connection

A BEYOND BLUE SUPPORT GROUP

Bridging the gap between Nutrition and Mental Health

For parents who are pregnant
OR have children age 0 - 1

FREE! Please RSVP at least 48 hours in advance. Ingredients provided and transportation assistance is available.

Tuesdays from 11:00am - 12:00pm
November 29 - January 17

by Focusing on Feeling Good Inside and Out!



Group taking place at Crisis Nursery: 1309 W Hill St, Urbana, IL 61801
Text the Nursery at **217.636.4221** to RSVP at least 48 hours in advance.
Questions? Call the Nursery at **217.337.2730** and ask for Destiny!