



Hope Mills Parks & Recreation Center and  
NAMI Cumberland, Harnett, and Lee counties

Presents:

# Better Than ♥ Mommy ♥

Empowerment Sessions For Single Mothers



Place

Hope Mills  
Parks &  
Recreation  
Center  
Small Activity  
Room  
910-426-4109

Dates & Times:

Thursdays  
6:00PM – 7:00PM  
04/16/2026  
04/29/2026  
05/07/2026  
05/21/2026  
06/11/2026



Sessions include:

- Time Management
- Dating With Children
- Prepare For The Blend
- The Other Parent

For More Information Contact Instructor:

Mrs. Z

[namicumberland@gmail.com](mailto:namicumberland@gmail.com)



Cumberland, Harnett  
and Lee Counties