

Mother-to-Mother (M2M) is named for the program's mentoring component that pairs our participants with experienced mothers who are trained to provide advice and emotional support.

Modeled after the Missouri Volunteer Resource Mothers Program developed at the University of Missouri, the Stoddard County program began in 2001. At that time the program had one staff member, a couple of mentors, and a few young moms. Today M2M has on average 45 to 50 young moms and 60 children.

Services unique to the Stoddard County program include additional phases that allow the young moms to remain in the program longer and a transitional housing component.

Our Mission...

*to create healthy young families through education and support services in partnership with the community*

## **Mother-to-Mother**

is located in the offices of the  
Regional Healthcare Foundation  
215 W. Grant Street  
Dexter, MO 63841

573-624-1607

<http://www.regionalhf.org>

For more information, please call or stop by the office to meet us.

Monday-Friday  
9 a.m.—12 p.m. 1 p.m.—5 p.m.

Funding is provided in part by  
the Missouri Foundation for Health  
Children's Trust Fund  
Neighborhood Assistance Program  
Give Back Brands

Additional support is welcomed and received from churches, community organizations, and individuals.



## *Mother-to-Mother*

*A Community-Based  
Program of the Dexter  
Community Regional Healthcare  
Foundation for Pregnant and  
Parenting Young Women*



*Choices*

*Opportunities*

*Achievements*

# Regional Healthcare Foundation...a vision of healthy people living in healthy communities

## Mother-to-Mother...

- is a four-phase mentoring program.
- supports pregnant or parenting young women in Stoddard County.
- provides incentives for mothers to earn baby supplies, equipment and clothing.
- introduces participants to additional services in the community.
- offers encouragement and advice while participants continue their education and obtain employment.
- offers HSE (GED) classes to M2M participants as well as other Stoddard County residents.
- offers regularly scheduled activities that promote participants' parenting and social skills.



## Participant Qualifications

- resident of Stoddard County, MO
- pregnant with her first child or has one child under age one
- 21 years old or younger
- has or is working toward obtaining a high school diploma or HSE certificate
- has no legal issues



## What M2M Moms are Saying

"Mother-to-Mother helps us with meeting young mothers and not feeling like we're all alone. It's all about connecting with others."

"Without Mother-to-Mother, I wouldn't be where I am now."

"Mother-to-Mother gives me somewhere to go when I need someone to talk to or need support."

"Mother-to-Mother has been really good at helping me with programs outside of them to get my daughter the help she needs."

I am now a proud mother-to-be with my GED. My future holds for me, college, and without M2M, I think it would be impossible. I can't imagine not having them on my side."

"M2M led me down the right path to get my nursing license and encouraged me the whole way."

## How You Can Help

**VOLUNTEER TO BECOME A MENTOR**  
**CONTRIBUTE FINANCIALLY TO M2M**

