



Connect, Recharge and Grow.



**MyTime** is a space for  
you to connect, recharge  
and grow together.

Meet with other women who understand your pregnancy or parenting journey, who will provide support as you discuss substance use, stress, coping mechanisms, challenging relationships and more.

Visit [HealthVermont.gov/MyTime](https://HealthVermont.gov/MyTime)





## This program focuses on four major areas:

1. Substance use and the effects on your health
2. Substance use and the effects on your relationships
3. The effects of substance use in your family
4. The influence of substance use in managing life challenges

## **MyTime** is a free 10-session program just for you.

Connect, Recharge and Grow alongside other women in their pregnancy or parenting journey.

**Free childcare and meals are provided** to make this a space where you can pause, connect and easily focus on yourself.

The program provides support as you increase coping strategies and build skills for a healthy lifestyle.

Sessions offer a chance to get together with other women who understand the challenges you face.

## **MyTime** programs are available across Vermont.

**MyTime** provides a safe and fun space for women to focus on themselves, without guilt and without pressure. Through 10 sessions, you'll discuss topics to understand the risks associated with substance use behavior, and learn strategies to overcome the challenges of substance use when raising a family.

Check **HealthVermont.gov/MyTime** for current locations and links to sign up for a program near you.



To register for the program, call **802-651-1550**, or visit **HealthVermont.gov/MyTime**.



## MyTime participants have reported positive changes, including:

1. Success in reducing relationship challenges
2. Increased ability to cope with stress
3. Increased sense of social support
4. Decreased binge drinking



**“I love how this group made me feel valued and supported.”**

**MyTime Participant**

To register for the program, call **802-651-1550**, or visit **[HealthVermont.gov/MyTime](https://HealthVermont.gov/MyTime)**.