

Initiative:	Healthier Beginnings
Project Name:	Mentoring of Moms (MOMs) Program
Funding Period:	December 1, 2010 – November 30, 2011
Date of Funding:	December 1, 2010
Project Coordinator:	Kathleen Richard, Life Choices of North Central LA
Project Administration:	Life Choices of North Central Louisiana
Total Funding Approved:	\$ 26,266.

Program Summary

To provide “at risk” young mothers and mothers-to-be in Lincoln Parish with mentoring-based resources that promote healthy lifestyles through effective mentoring relationships, educational resources, and development of client’s ability to make good decisions.

Grant Objectives:

The primary goals of the Mentoring of Moms program are as follows:

1. Expose “at risk” young mothers and mothers-to-be to health family lifestyles.
2. Build a trust relationship between the volunteer and clients.
3. Understand the unique needs of the young mother-to-be (and her baby) and help guide her to positive solutions for meeting those needs.
4. Encourage mother-to-be to seek adequate pre-natal care and participate in proper nutrition.