



## *East Bay Mother's Exchange*

We are a group of **mothers** whose goal is to help our young family members (children, nieces, nephews) develop virtues which will enable them to face up to the challenges in all environments and learn to build healthy family and social relationships.

Join us on our first activity:

Introduction, meet new friends or reconnect with old friends

Discussion Points:

Watch a short video on parenting by STUFF (url below)

<https://opusdei.org/en/article/stuff-an-open-conversation/>

**Friday, September 24, 2021 at 7:00 P.M.**

1328 Arkell Road Walnut Creek CA 94598 (Bing's Apartment)  
*(please enter on the right side gate w/ sunflower, do not ring the main house)*

**RSVP by September 22, 2021 to:**

Rowie Del Castillo by email at [rowilma@gmail.com](mailto:rowilma@gmail.com)

or

Angie Camus Co by email at [anjcamus@yahoo.com](mailto:anjcamus@yahoo.com)