Another Amazing Family Support Services Mom's Retreat in Galena

May 16, 2024

Family Support Services collaborated with Starnet Region I & III and Dr. Karen Maloney of Carein Connections to organize our annual Galena Mom's Retreat. This retreat is specifically designed for mothers and caregivers of children with disabilities. The theme for this year's retreat was "Self-Care: Self-Love as Your Superpower." Learn more and see photos.

Family Support Services collaborated with Starnet Region I & III and Dr. Karen Maloney of Carein Connections to organize our annual Galena Mom's Retreat. This retreat is specifically designed for mothers and caregivers of children with disabilities.

The theme for this year's retreat was "Self-Care: Self-Love as Your Superpower." Throughout the weekend, the focus was on providing moms with an opportunity to relax, refresh, and rejuvenate. Our distinguished guest speaker, Ann M. Petty LCSW CADC, delivered a thought-provoking talk on embracing one's authentic self.

The retreat was further enhanced by generous donation from local Galena shops, which allowed us to include additional items in the welcome bags and raffle prizes for the moms. We would love to thank Rustic River, Galena Cellars, Noty Kity, Pasta Perfetta, and Enchanted Herb Shop for their donations to our Galena Mom's Retreat!