

# Bella Ease

## Parent Support Group

**2nd & 4th Tuesdays**  
**6:30-7:30 PM**

*A safe place to discuss  
real life, real struggles,  
and real parenting*

**DINNER & CHILDCARE  
PROVIDED**



**707 Broadway**  
**Quincy, IL**

**&**

**307 E Morgan**  
**Jacksonville, IL**



**217-209-0632**

**[bellaease.com/event](http://bellaease.com/event)**