



You Moms Graduates 11th Parenting Class For First Time Moms, Board Member Kenny Chatman Donate Strollers, Playpens, and Car Seats to New Parents at Graduation Ceremony

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MARGATE, Fla. ? This week, Kenny Chatman of Reflections Treatment Center along with Aimee Nelson, founder of YouMoms, a 501C nonprofit, presented 7 new graduating parents with certificates of completion and shower gifts. The graduates completed a comprehensive 11 week program designed for first time parents. The ceremony took place at the Calvary Chapel of the Palm Beach in Greenacres, Florida and was attended by the moms, family members and community supporters.

The YouMoms parenting classes are offered to first time parents that want to become successful parents. The classes focus on parenting skills needed to handle a newborn arriving home for the first time all the way to communicating with young children. Practical skills such as diaper changing, preparing bottles, and dealing with the sniffles are also covered. The classes are attended by the expectant moms or new mother and are open to her significant other or family members. Activities and milestones achieved during the program are awarded points and the points can be exchanged for baby supplies in the YouMoms Baby Closet. The closet

is stocked with items not normally provided through assistance programs such as diapers, clothing, toys, bottles and small furnishing items. The program has been attended and successfully completed by expectant moms from 13 to 45 years of age and is open to all first time mothers.

YouMoms founders Aimee Nelson is a successful mentor to teen moms and shares her inspiring story of teen pregnancy with those that find themselves facing the same challenge. She founded the organization in 2010 and has continued to grow the services and expand the number of supporters so that the program can continue to grow its services. Donations to the Baby Closet are always welcome and can be coordinated through their website, <http://youmoms.org/>.

Kenny Chatman sits on the Board of Directors for YouMoms and is a strong supporter of the program. Having founded Reflections Treatment Center, Mr. Chatman has been exposed to the stressors that young parenthood can create on a young mom or dad without a support system. Addiction to drugs and alcohol can be a direct result of unmanaged stress, and helping these young parents avoid these pitfalls was the catalyst for Mr. Chatman's involvement.

"I am deeply committed to collaborating with community partners such as YouMoms to help meet the needs of young people that are struggling with real life events in Broward and Palm Beach counties," said Mr. Chatman. "Aimee Nelson and YouMoms provide practical services for expectant and new mothers that need support during a critical life event. I hope that in some small way my support of the program and these young parents helps to further their mission to transform the next generation and prevent the issues related to unplanned pregnancy and early motherhood."

Reflections Treatment Center is an outpatient facility founded by Kenny Chatman that provides clients with real life skills to address co-occurring disorders and embrace recovery as a way of life. The facility's expert and dedicated staff believes in a Twelve Step integrated recovery program and works with clients to help them understand, identify and practice the twelve steps and their underlying principles to help them stay committed to sobriety and assimilate back into society.

The facility's disciplined environment and teaching methods help clients effectively achieve self-fulfillment, gainful employment and social participation. Services include expressive therapy, anger management, stress management, psychoeducation, work placement programs, pre-natal addiction treatment, HIV services and more.

"We believe that recovery is a journey, not a destination," said Kenny Chatman. "Our goal is to provide all of the tools, resources and support that our clients and their families need to achieve permanent recovery one day at a time."

Reflections Treatment Center is located at 5100 Coconut Creek Parkway Margate, Florida. For more information about the drug and alcohol treatment facility, visit www.reflectionstreatmentcenter.net or call (844) 444-9605.

About Reflections Treatment Center

Based in Margate, Florida, Reflections Treatment Center is an outpatient facility dedicated to the physical, mental and spiritual recovery of those suffering from substance abuse and the diseases of alcoholism and addiction. Clients learn the real -life skills that address co-occurring disorders and support recovery as a way of life. The facility's staff believes in permanent recovery - one day at a time - and fosters a compassionate and disciplined environment that combines known medical models with innovative, dignified teaching methods leading to self-fulfillment, gainful employment and social participation. For more information, visit www.reflectionstreatmentcenter.net.

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For more information about Reflections Treatment Center, contact the company here: Reflections Treatment Center Kenneth Chatman (954) 970-9605 kennychatman.cm@gmail.com 5100 Coconut Creek Parkway Margate, FL 33063

Reflections Treatment Center

Reflections Treatment Center is recognized for implementing evidence-based addiction treatment strategies to treat the chronic brain disease of addiction. Reflections promotes sobriety and wellness through a combination of spiritual, physical counseling.

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