

3 mom hacks for you!

This Mother's Day, follow our
Mission Moms' advice to
indulge in self-care!





HACK 1

Light a candle

If you're a mom, it won't surprise you to hear that Tiara's favorite way to kick back is with scented candles.

For her Mission Moms' self-care tip, she keeps her advice simple. "Just relax," she said. "That's what I like to do."

Though excited to pass on her advice for how to unwind, Tiara's face brightened even more when she shared her favorite thing about being a mom.

“Watching my kids grow into their own little personalities,” she said.

We all have our favorite way to relax. Whether yours is lighting good-smelling candles like Tiara’s or something else, this is your permission to treat yourself this Mother’s Day. As a mom, you care for your children in so many different ways.

Please take the opportunity to care for their favorite person in the whole world: you!



HACK 1

Light a scented candle



HACK 2

Read a book

You may relate to Jessica's favorite way to relax: reading a book.

Jessica, a Mission Mom, would love to spend her downtime with a book of any genre.

When asked about being a mom to her two little girls, she shared, "My favorite thing about being a mom is watching them grow and turn into young women. It's exciting."

Help other moms enjoy Jessica's self-care tips and find camaraderie in the best parts about motherhood!

Mission Moms have great ideas when it comes to relaxing.

Take a moment this Mother's Day to follow Jessica's advice! Whatever best helps you unwind, go ahead and indulge. Think of self-care as another way to help you keep doing what you do best: being a great mom.



HACK 2

Read a book



HACK 3

Take some “me” time

As a mother of a two-year-old and three-month-old boy, Jarris would spend her self-care time outside.

“I love to go on walks,” she said.

Expressing a similar theme as our other Mission Moms, Jarris loves the opportunity to watch her two boys grow up.

“[My favorite part about being a mom is] just watching them grow,” she said. “They’re so sweet. Just watching them learn different things. I love that part of it.”

Take a long walk this Mother's Day—a moment to pause might even be an opportunity to reflect on your favorite part of motherhood.

Jarris's advice could be the gift that keeps on giving this year, so please take her up on it!



HACK 3

Take some “me” time

Double the love this Mother's Day!

All the moms you've heard from with their self-care hacks are Mission Moms: women who entered Atlanta Mission in need of hope, healing, and a brighter future for themselves and their kids.

Today, you have the opportunity to invite even more moms into our life-changing programs. Thanks to a special matching grant in time for Mother's Day, your gift *doubles* the generational impact and shows love to even more moms facing homelessness and addiction.

Your gift doubles the meals, counseling, support, and more to help women in the Atlanta area. Provide love, support, and life-changing care to *twice* as many moms and children when you give today.



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**Take some
"me" time**

**Thank you,
moms, for all
you do!**



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Hope Lives Here.