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"We're Dedicated to Improving Lives One Family at a Time" - WMHO/POPS

# Afterschool & Summer Program

Complementary Health Department  
8801 Woodward Detroit, MI 48202



## About\_

At WMHO (World Mental & Health Organization), family is one of our top priorities. Our mission is to strengthen family bonds and support reintegration through a variety of programs. We offer interactive workshops designed to help families connect with and better understand their children and spouses. These workshops begin with a fun activity, followed by discussions on various topics related to family dynamics and relationships.

Through a strategic partnership with Divinity in Motion, we enhance these workshops by incorporating coaching sessions. One of the key components of our program, called What's Eating You, focuses on helping families discuss what might be bothering them or causing stress. In these sessions, participants share their concerns while enjoying a meal together, fostering open communication and connection.

## Hours:

- **Monday:** 8am-8pm
- **Tuesday:** 8am-8pm
- **Wednesday:** 8am - 8pm
- **Thursday:** 8am - 8pm
- **Friday:** 8am - 8pm
- **Saturday:** 10am - 3:00pm

