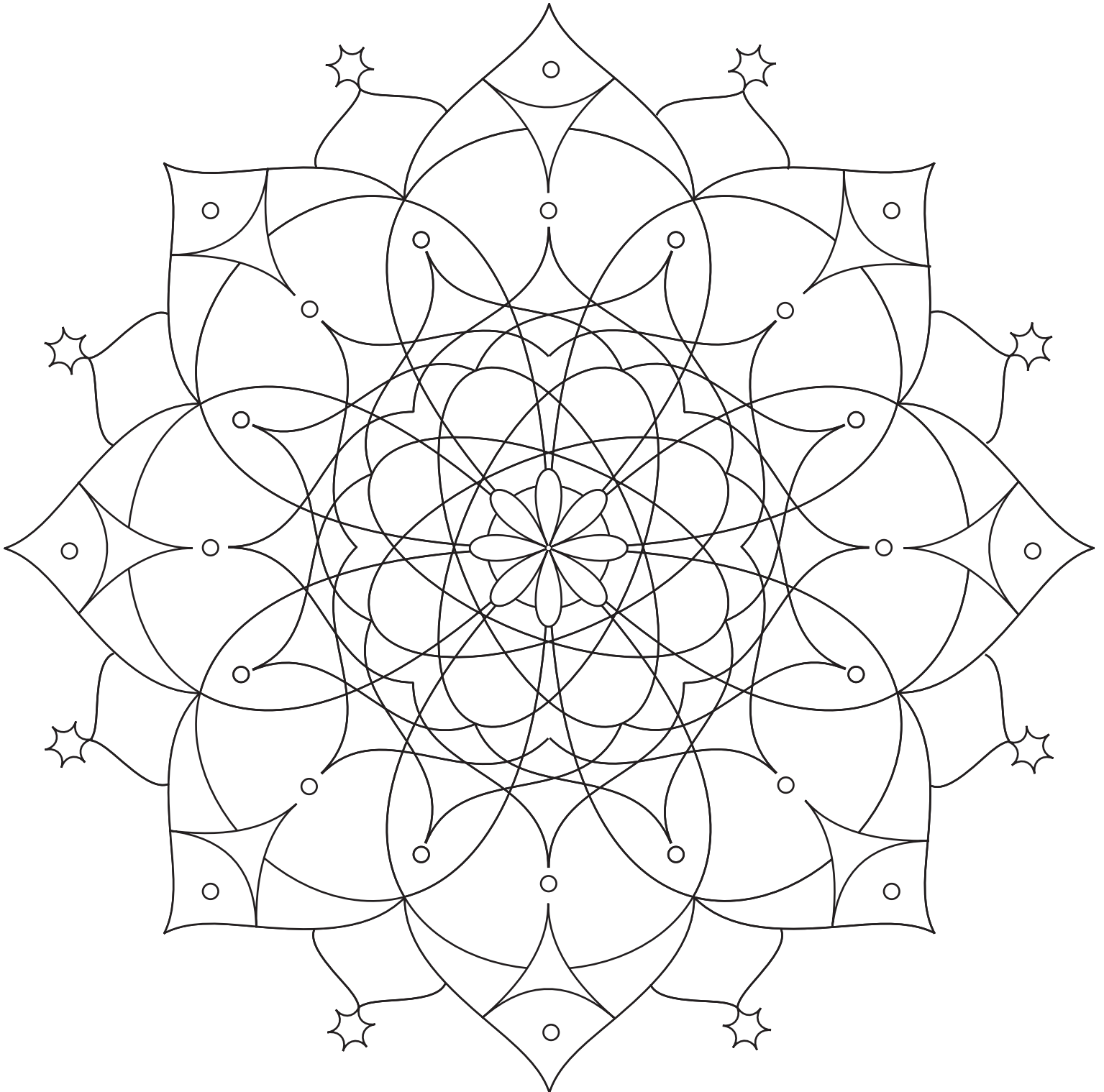




Mama's Comfort Camp  
the refueling station for moms



**Mamas don't need more advice, we need more support!** That's our motto at Mama's Comfort Camp, a free support network for moms which began in Ithaca, and now serves mothers from all over the world. A safe space to talk about the hard parts of mothering, with zero judgment, no unsolicited advice, just a lot of respect and love. Sometimes support comes in the form of a mandala coloring page. How come? Coloring and drawing mandalas can help focus the mind, reduce anxiety, increase creativity, and promote bonding in families that enjoy mandalas together. Yael Saar, the Founder of Mama's Comfort Camp, is in love with mandalas because they really do calm her children. So here is one for you, you can use it yourself and/or with your kids.

Find Mama's Comfort Camp here: [facebook.com/mamas.comfort.camp](https://facebook.com/mamas.comfort.camp). If you are in the Ithaca, NY area, come to our lovely in-person get-togethers. And no matter where you live, you can join our Facebook group for free and loving 24/7/356 emotional support you wouldn't find anywhere else. This mandala was created by Yael Saar and her boys © 2015.