

Free Classes

All classes offer FREE CHILD CARE with registration and are eligible for a free pass to our store!



- Budgeting
- Nutrition
- Baby 101
- Life skills
- Parenting
- More...

Scan to see current classes and sign up



Resources & Support

Our volunteers can provide more information on:

- SNAP / WIC
- Family planning
- Housing
- Legal aid
- Career training
- Food & more




Providing basic necessities, resources and support to families in need

Contact Us

 www.MHMsarasota.com

 mhmsarasota@gmail.com

 5933 N. Washington Blvd
Sarasota, FL 34243

Book Your Appointment Today!



Follow Us

  @MHMSarasota



Facebook Groups

FB Group MHM Sarasota Helping Hands



not-for-profit 501(c)3
since 1990

Who We Are

Mothers Helping Mothers is a 501(c)(3) not-for-profit organization that provides FREE essential items and resources to families in Sarasota, Manatee, and surrounding counties since 1990.

Any person struggling financially can become a MHM client.

Our clients have access to:

- The MHM free store
- MHM Programs and Special Events (*Toy Day, Back to School, Costume Shop*)
- MHM Free Classes
- Community Resources



MHM Store

Our store offers FREE gently used items available to any family in need. Items range from clothing for the entire family to toys, diapers, baby equipment, and kitchen and household items.



Shopping is by appointment only, once every four months.

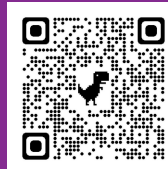
Store Hours:

Tuesday, Friday, and the 1st Saturday of the month:
9 am - 12 pm

The 2nd Thursday of the month:
5:30 pm - 8 pm



Book an appointment today!



Our Programs

Visit www.MHMsarasota.com for more details on our free programs.



Safe Ride



Safe Sleep



Financial Aid Program



Cloth Diaper Bank



Computers for Kids



Menstrual Cups



Happy Birth-ing Bags



Free Items FB Group