



Sometimes, a mother
needs help to embrace
the unexpected.

SHIFRA nurtures and equips
her for the journey.

SHIFRA provides emotional, financial, and practical support to expectant mothers facing overwhelming and unexpected circumstances. We walk with our clients through their most uncertain moments, guiding them to find the internal strength and external resources they need to thrive as mothers.

SHIFRA OFFERS:

- Free Professional Counseling
 - Customized Financial Aid
 - Community Referrals
 - Lifetime Parenting Support Group
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If you need support, please text

646.632.8547

callshifra.org



SHIFRA