



## **Being a mom is HARD. Don't do it alone.**

**New or expecting mothers, join us for one hour each week to share your:**

- ☯ Fears about parenthood
- ☯ Joyous moments with your infant
- ☯ Thoughts about maintaining your identity as a woman, not just a mother
- ☯ Ideas on coping with your day in a fog of fatigue
- ☯ Struggles with feeding, understanding and loving your new child
- ☯ Worries about how the relationship with your spouse or partner has changed.

**Saturdays, 12-1 pm**

### **Call NOW**

Space is Limited, infants welcome

Weekly Sessions, Fee: \$20 per week (sliding scale available)

Group Facilitator: Kristen Berglund, MA, LPC-Intern, Mom

For more information or to reserve your space, call\* or e-mail:

**(713) 398-8947**

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\*Call immediately if you think you may be suffering from Post-Partum Depression.