



Being a Mommy

Can sometimes feel :

- a. exhilarating
- b. exhausting
- c. empowering
- d. overwhelming
- e. all of the above



Come Talk About It !

Meet with other moms in a relaxed, non-judgmental environment who know *exactly* where you're coming from.

“Mommy Chat” is a 4-week series of discussion & support groups led by a local psychotherapist and mom who specializes in women’s mental health. Now in its second year, these groups give women a chance to process the highs and lows of motherhood while keeping their sense of self, and their sense of humor, intact.

Cost is \$70 for the full 4-week series or \$20 per session. Topics include but not limited to; “mommy guilt”, post-baby sexuality, collaborative parenting, setting limits, building a support network, coping with stress, finding balance, drawing boundaries & self-care.

April “Mommy Chat” Groups Forming Near Chestnut Hill

Tuesdays at 10 AM for new mommies with babies in tow (age 0-12 mos.)

Wednesdays at 8 PM for moms who want to leave babies/toddlers at home

Call Jeanine O’Rourke, LCSW (215) 206 - 2931
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