

Mentoring Mothers

MENTORING*EDUCATION*CONSULTATION* SUPPORT*RESOURCES

Connection and community for mothers to nurture one another in a more conscious experience of motherhood. Mentoring Mothers fosters a woman's emotional and psychological development to help her become the mother and woman she wishes to be.

- "Everything has changed. I just don't feel like myself anymore."
- "No one prepares you for what it's like once the baby comes out."
- "The other moms are managing so much better than I am."
- "I didn't think I would feel so exhausted, stressed, worried, and lonely."
- "Some days, I don't even want to be around my baby."

Mentoring Mothers addresses these concerns.

2nd & 4th Mondays of every month: 12:30-1:30 p.m.

Family Birth Center Conference Room
Mills-Peninsula Medical Center, 2nd Floor
1501 Trousdale Dr., Burlingame, CA, 94010

Drop-in, professionally facilitated group for first time and experienced mothers.
No charge. Babies welcome. No meetings on Monday holidays.

Mentoring Mothers was developed by Helen Marlo, Ph.D., a clinical psychologist and professor. She co-facilitates this group with Dr. Debra Ruben and Ms. Tiffany Girouard.

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