

# Mentoring Mothers

MENTORING\*EDUCATION\*CONSULTATION\*SUPPORT\*RESOURCES

**“I just didn’t think this would be so hard!”**

**“Nobody prepares you for what it is like once the baby comes o**

**“Everything has changed. I just don’t feel like myself anymore.”**

**“The other moms are managing so much better than I am.”**

**“I wanted to be a mother and have a baby--why don’t I like it?”**

**“I did not think I would feel so exhausted, stressed, worried,  
and lonely.”**

**“I am afraid I will repeat what I experienced as a child.”**

## **What is Mentoring Mothers?**

Mentoring Mothers is an open, drop-in, professionally facilitated group. It differs from local Mother’s Groups by focusing on the stresses and emotional concerns that arise when transitioning to motherhood. No reservations necessary. No charge. Babies and mother friends are welcome.

## **Who attends Mentoring Mothers?**

Postpartum women and women in their third trimester--first time and experienced mothers.

## **Information on Mentoring Mothers:**

We meet the **Second and Fourth Mondays** of the month from **12:30-1:30 p.m.**, excluding Monday holidays, at the **Family Birth Center Conference Room, Mills-Peninsula Medical Center, 2<sup>nd</sup> floor** (1501 Trousdale Dr., Burlingame).

## **What topics are discussed in a Mentoring Mothers group?**

There is not a set agenda and topics vary based on participants’ concerns. Common topics include emotional distress; stressors and anxieties; birth experiences; relationship with parents or in-laws; childhood issues; images of motherhood; mothering/parenting choices (i.e. breastfeeding; sleeping; bonding); child development; partner/marital problems; sexual issues; identity changes; professional or work conflicts; family and work life demands; challenging emotions; perfectionism; expectations; control; loss; prepartum and postpartum distress, anxiety, and depression.

## **Contact:**

Mentoring Mothers was developed by Helen Marlo, Ph.D., a clinical psychologist and professor, Please contact us if you desire more information.

[www.helenmarlophd.com](http://www.helenmarlophd.com)