

# Mentoring Mothers Consultative Service

MENTORING\*EDUCATION\*ADVICE\* SUPPORT\*RESOURCES

- *“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, and lonely.”*
- *“Some days, I don’t even want to be around my baby.”*

**Mentoring Mothers** addresses these concerns

**NEW TIME as of September, 2018!**

**2nd & 4th Monday of every month: 12:00-1:00 p.m.**  
(except holidays)

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

A drop-in, professionally facilitated consultative service for  
first time and experienced mothers.

No charge or reservations. Babies are welcome.

**Facilitators:**

Helen Marlo, Ph.D.

Tiffany Girouard, M.A.

*For more information contact:*

Helen Marlo, Ph.D.

[helen@helenmarlophd.com](mailto:helen@helenmarlophd.com)