

# 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."*

**A drop-in, professionally facilitated consultative service for first time and experienced mothers.  
No charge or reservations. Babies are welcome.**

**Every 2nd & 4th Monday @ 12 pm, 2023, via ZOOM**

Jan 9	Apr 10	Jul 10	Oct 9
Jan 23	Apr 24	Jul 24	Oct 23
Feb 13	May 8	Aug 14	Nov 13
Feb 27	May 22	Aug 28	Nov 27
Mar 13	Jun 12	Sept 11	Dec 11
Mar 27	Jun 26	Sept 25	

**Please visit this website for more information and to join the meeting:**  
<http://helenmarlophd.com/community-service/mentoring-mothers/>

**Join Zoom Meeting**

<https://us02web.zoom.us/j/280284962>

**Meeting ID: 280 284 962**

**Password: 707335**

**Facilitators:** Helen Marlo, Ph.D, Tiffany Girouard, MSCP, Michelle Montoya, AMFT/APCC  
**For more information contact:** Dr. Helen Marlo, [helen@helenmarlophd.com](mailto:helen@helenmarlophd.com)