

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 2024 2nd & 4th Monday @ 12 pm via ZOOM

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

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

For more information contact: Dr. Helen Marlo, helen@helenmarlophd.com