

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

Jan 8	Apr 8	Jul 8	Oct 14
Jan 22	Apr 22	Jul 22	Oct 28
Feb 12	May 13	Aug 12	Nov 11 Holiday-No Meeting
Feb 26	May 27	Aug 26	Nov 25
Mar 11	Jun 10	Sept 9	Dec 9
Mar 25	Jun 24	Sept 23	

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