

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 in 2025 @ 12pm via ZOOM

Jan 13	Mar 10	May 12	Jul 28	Sept 22
Jan 27	Mar 24	Jun 16	Aug 11	Oct 27
Feb 10	Apr 14	Jun 30	Aug 25	Nov 10
Feb 24	Apr 28	Jul 14	Sept 8	Nov 24
				Dec 8

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