

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 2026 @ 12pm via ZOOM (except Monday holidays)

Jan 12	Mar 9	May 11	Jul 27	Sept 28
Jan 26	Mar 23	Jun 15	Aug 10	Oct 26
Feb 9	Apr 13	Jun 29	Aug 24	Nov 16
Feb 23	Apr 27	Jul 13	Sept 14	Nov 30

Dec 14

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