

# 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

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