

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 via ZOOM in 2021 @ 12pm

<i>Jan 11</i>	<i>Jul 12</i>
<i>Jan 25</i>	<i>Jul 26</i>
<i>Feb 8</i>	<i>Aug 9</i>
<i>Feb 22</i>	<i>Aug 23</i>
<i>Mar 8</i>	<i>Sep 13</i>
<i>Mar 22</i>	<i>Sep 27</i>
<i>Apr 12</i>	<i>Oct 11</i>
<i>Apr 26</i>	<i>Oct 25</i>
<i>May 10</i>	<i>Nov 8</i>
<i>May 24</i>	<i>Nov 22</i>
<i>Jun 14</i>	<i>Dec 13</i>
<i>Jun 28</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, M.S.C.P., Michelle Montoya

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