



MOTHERHOOD SUPPORT GROUP

If you are a mom, you know that it comes with a host of challenges that can catch you by surprise. Although we often have the experience of other mothers through friends and family to lean on, we can still feel ill-equipped and unprepared for the huge transition of entering into motherhood and the ways that it impacts our own identity, self-esteem, and emotions. This transition only gets further complicated by society and social media, often seeing other moms appearing to look as though they have it all together. This group is focused on some of these concerns and the difficulties that emerge for mothers and soon to be mothers. Difficulties such as perinatal mood and anxiety disorders, shaming, mom guilt, adjustment, feelings of lack of support, and marital stress are just a few topics to be explored. If you are a mom or soon to be a mom, you are welcome to join this group. With the guidance of a licensed clinical psychologist, therapeutic insight, and a group healing atmosphere, you will be able to offer support, learn from the experiences of other mothers, and gain insight and emotional awareness to your own life as a mom.

Although topics will be explored each week. Topics are tentative and serve to facilitate discussion and may change based on the needs of the group.

MARCH 4 – MAY 20

Cost: \$40 per meeting (will not be billed to insurance)

WEDNESDAY EVENINGS FROM 6:30-7:30PM

EMAIL KRISTINHEIDER@IOWACITYCOUNSELORS.COM FOR MORE
INFORMATION

Week 1:

You are not alone

Week 2:

Perceptions of loss and
identity adjustment

Week 3:

My relationship with my
partner

Week 4:

Open Discussion

Week 5:

Mom shaming

Week 6:

Perinatal mood and
anxiety disorders

Week 7:

Loneliness

Week 8:

Asking for help

Week 9:

Self-care

Week 10:

Open Discussion

Week 11:

Mom Guilt

Week 12:

Moving Forward