





Mommy & Me Support Group



Artwork by Catherine Andrews

*Come share the joys & tribulations of being a new mother.
Group is for women and their babies.*

Group will encompass:

-  *Transitions into parenting*
-  *Developmental stages of babies and parents*
-  *Problem solving and joy sharing*
-  *Navigating through the effects of parenthood on other relationships*

Fridays 1:00 – 2:00 P.M. • \$40 per weekly sessions

*Group Leader Sara Rector • A Licensed Marriage, Family Therapist
who has been helping individuals, couples and families since 1992 and
author of “Family ‘Distress’ Signals” article.*

for more information
1-805-494-1414
www.fertilitypsychotherapy.com