

Nurturing You While Navigating New baby too

Group for support with
Mom Guilt,
Boundaries,
Body Image
Romantic Relationships
Mental Load
& more.



Who: the “expectant” mom and the “new” mom

When: Fridays, 10:00 – 11:30 am for 6 consecutive weeks starting
March 8th – April 12th!

Where: Virtual (Access details shared via email)

Cost: \$45 per session, \$270 total (scholarships available)

Lets connect: led by therapist Laura Leslie, MMFT
Space is limited. Contact me to register or get more info.

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