

You're Not Alone **Mom's Support Group**

-Are you feeling overwhelmed with transitioning into motherhood?

-Do you feel isolated from other moms?

-Are you struggling with managing toddler tantrums?

-Are you looking for support from people who get it?

Come meet other moms who are working through the same challenges you are. Having a baby and raising children is a life-changing experience and can be one of the largest stresses we face in life. This group is for you to be supported, for you to ask questions and share resources. We will also spend some time working on specific coping skills to aid in resiliency. All new moms welcome whether it's your first or



Dr Elizabeth Van Horn Winders, is a licensed psychologist and yoga instructor, who is uniquely qualified to help new moms. She offers individual sessions & is also offering this group as an affordable option to get support and learn invaluable strategies that have been research proven to work.

If interested in getting more information contact:

Dr Van Horn at 919-904-4651.

Availability is limited, so contact us now!

919-807-1454

