



Roche + Associates

PSYCHOTHERAPY AND CONSULTATION

Motherhood and Me: A Group for Accomplished Moms *Enrolling Now*

OVERVIEW

Roche + Associates Psychotherapy and Consultation is hosting a facilitated women's group that brings together smart, savvy, and educated women from a broad range of backgrounds to discuss the joys, transitions, challenges, and day-to-day stressors of balancing the role as "mom" with an already established identity. This group provides a space for thinking mothers to experience support, camaraderie, and targeted education designed to optimize their transition to motherhood, which could include topics such as:

- Balancing parent and professional
- Building community
- Changing relationship dynamics
- Extended family
- Financial stress and breadwinner dynamics
- Holding onto my self as an individual
- Household roles and responsibilities
- Mom guilt
- Role transition
- Self-care

INVESTMENT

The investment of \$75 per session will be paid in advance on a monthly basis. The group will run 10-12 sessions, based on group needs.

Roche + Associates is an out-of-network provider. We can provide documentation for insurance companies, and clients may use their health savings accounts.

LOGISTICS

In order to create a comfortable and connected environment, a four session commitment is required. The facilitators are mothers and understand that life doesn't always go as planned. Babies up to pre-crawlers are welcome to attend with their mothers if childcare is not available. Please call us to start the enrollment process and find out about upcoming groups that fit your schedule.