



Empowered Mothers: Reclaim Your Womanhood

A Group For Mothers With Young Children

- **Reclaim Your Identity:** Rediscover who you are outside of motherhood and find balance in your life.
- **Enhance Emotional Well-being:** Develop tools to manage stress, anxiety, and overwhelm.
- **Strengthen Relationships:** Improve your relationship with your partner, children, and yourself.
- **Prioritize Self-Care:** Discover practical ways to incorporate self-care into your daily routine.
- **Manage Mom Guilt:** Learn strategies to overcome guilt and prioritize your well-being.
- **Build a Supportive Network:** Connect with other moms for mutual support and shared experiences.



Allyson Galishoff
LCSW



Sarita Broda
MFT-I & Child Sleep Consultant

- Thursdays 12:00 - 1:00 pm, meets virtually
- No cost for the first group, \$75 thereafter
- Discount for prepayment
- Reimbursable through our Billing Vendor
- Please reach out if you need another time

To Register:
INFO@NYCCOUNSELING.COM

Book a Free Consult:
SARITA@NYCCOUNSELING.COM