



Empowered Mothers: Reclaim Your Womanhood

A Group for Mothers with Toddlers (and beyond)

- **Reclaim Your Identity:** Rediscover who you are outside of motherhood while finding 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.
- **Gain Parenting Strategies:** Receive coaching and learn effective parenting strategies to support and nurture your family.
- **Prioritize Self-Care:** Learn practical ways to integrate self-care into your routine.
- **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 12:30-2pm
- Meets virtually
- No cost for first session
- \$75/session, discounts for prepayment
- Insurance options available

212-777-6922 Call/Text

To Register:

info@nyccounseling.com

To Book a Consult:

sarita@nyccounseling.com

