



Empowered Mothers: Reclaim Your Womanhood

A Group For Mothers With Young Children

- **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 & Manage Mom Guilt:** Learn practical ways to integrate self-care into your routine while overcoming guilt and focus on your well-being.
- **Build a Supportive Network:** Connect with other moms for mutual support and shared experiences.

Facilitated by



Allyson Galishoff
LCSW

- Schedule: TBD
- 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

Call/Text
212-777-6922