



New & Expecting Moms' Group

An Empowering, Embodied Therapy Group

Start Date:
Group Forming Now

Facilitated by
Robin Starkey Harpster, MA
Marriage & Family Therapist
(MFC 41937)

*With special guest Jill Zepezauer, local yoga instructor
specializing in Pre/Post-Natal and Gentle Yoga.*

***Wanting to find balance and support in the
transition to new motherhood? Looking for a
place to be real?***

Let's face it. New moms face incredible challenges. Along with the excitement of new motherhood lies uncharted territory: sleep disturbances, body image issues, changes in relationships, and sometimes depression and anxiety.

This therapy group is designed to provide support, education and resources in the pursuit of finding balance, healing, and embodiment during the emotional and physical ups and downs of pregnancy and postpartum life. The group is discussion oriented combined with experiential tool building in relaxation, guided imagery and yoga.

Babies Welcome

**To learn more or set up your personal pre-group
orientation, contact Robin Starkey Harpster
626.585.8075, ext. 109.**

-over for INSTITUTE information-



Institute for Girls' Development
95 N. Marengo Ave., Suite 205
Pasadena, CA. 91101
626.585.8075
InstituteForGirlsDevelopment.com



institute for girls' development
A Psychological Corporation

ABOUT THE INSTITUTE FOR GIRLS' DEVELOPMENT

Girls and women face incredible opportunities and challenges today.

Here at the Institute for Girls' Development, we are dedicated to empowering girls and women through:

- Self-discovery
- Embodied Living
- Hardiness Skills
- Growth Fostering Relationships

We offer caring, comprehensive, and innovative programs and services for girls, women, families, and their circles of community.

PROGRAMS AND SERVICES

- Individual therapy
- Family, Parenting & Couples Therapy
- Groups for Girls, Teens and Adults
- Parents Finding Solutions (including services for new moms)
- Psychological Assessment
- Summer Workshop Programs
- Community Education & Consultation
- Presentations & Trainings

INSTITUTE FOR GIRLS' DEVELOPMENT

95 N. Marengo Ave., Suite 205
Pasadena, CA. 91101
626.585.8075

www.InstituteForGirlsDevelopment.com
Melissa Johnson, Ph.D., CEO, Psychologist PSY13102

All content copyright © 2007 Institute for Girls' Development

-over for GROUP information-