



MOTHERHOOD JOURNEY GROUP

institute for *girls'* development[®]

Thursdays 10:30 - 11:30am

Facilitated by:

Grace Goodman, Psy.D. (PSY 28905)

Sushi Frausto, M.A. (LMFT 101031)

Our compassionate therapists offer unique support and resources to assist women in gently finding their way through the many stages of starting and growing a family.

We understand this journey can entail tremendous transitions, new stressors, and changes in mood, functioning, and close relationships.

Join other new mothers for open conversations in a safe, nurturing environment.

Experienced group facilitators will offer support and education about what to expect and how to overcome parenting struggles related to changes in mood or anxiety during and after pregnancy.

For more information, please contact us at 626-585-8075 ext. 108.

Empowering girls & women for life * 626-585-8075 ext. 108 * InstituteForGirlsDevelopment.com

Melissa J. Johnson PhD (PSY 13102)