

The Fourth Trimester

Motherhood is one of the most amazing transitions a woman can undergo. It can also be the most stressful and dramatic. This 8-week group will provide a safe and comfortable place for new moms to process through the feelings and emotions related to this new life phase.

Topics covered will include:

Transition to a new life role

Work/Life balance

Maintaining your own identity outside of motherhood

Infant concerns

Maintaining a healthy relationship with your partner

Addressing concerns surrounding depression, anxiety, and other mood disorders

Our group provides a safe and comfortable atmosphere for new moms to meet and connect, while learning techniques, strategies and skills to help each woman navigate motherhood.

Groups will meet Tuesdays at 10 am

Lakeview Counseling (1095 Pingree Road, Suite 202, Crystal Lake, IL 60013)

facilitated by Beth Janczak, LCSW.

Please contact Beth @ 224-456-9356 or visit:

<https://www.eventbrite.com/e/the-fourth-trimester-tickets-40871658230>

to register