

Psychoeducational Support Group for Expecting Mothers

Held VIRTUALLY via ZOOM
5:30-6:30pm Thursdays - March 25, April 1, 8, 15

Group Therapist:
Tamra Miller-Spence, MS, LPC, CCTP

Cost: \$100 (includes all 4 sessions)

Brief Description of Group:

This group is designed to be educational and informative in nature, as well as, a space for asking questions and gleaning anecdotal information from other clients. Each week the therapist will provide information regarding a subtopic within the larger group topic. The aim is to learn while also connecting with other participants sharing similar life experiences and interests.

Agenda:

- Week 1: Building a Support Network
- Week 2: Your Changing Body and Self-Image
- Week 3: Coping with Childbirth Anxiety
- Week 4: Postpartum Depression and Anxiety

For more information or registration email:
Welcome@InProcessCounselingLLC.com

www.InProcessCounselingLLC.com

