

Adjusting to Motherhood?

Join us for the kind of support only other new mothers can provide.

As a new mother, sometimes you just want to be listened to. Maybe you want to hear the honest experiences of other mothers to know that you're not alone in your feelings. Or maybe you simply want to escape for a few moments of laughter. Come share the joys — and challenges — of motherhood with us!

MOTHERWOMAN® SUPPORT GROUP

This drop-in group is structured and facilitated for new mothers. It provides a safe, confidential and non-judgmental place to share feelings and experiences about the adjustment to motherhood. Every woman gets the opportunity to be heard respectfully, without interruption or advice, and to communicate in a different way than in our regular lives.

- Listen and be listened to.
- Advice-free zone.
- Connection. Laughter. Honest sharing.

This unique support group is specifically for women in the early months of motherhood.

Babies that are not yet crawling are welcome to attend with you.

NEED MORE INFORMATION?

Contact Sandra Wood, CNM, MotherWoman Trained Facilitator®
UVM Medical Center, Obstetrics and Midwifery
(802) 847-2785
Sandra.Wood@UVMHealth.org

Join us anytime — new moms always welcome!

DATES & TIMES

Every other Wednesday

12:30 - 1:45 pm

Check the Visiting Nurse Association
Family Room calendar for the schedule.
(802) 860 - 4420

LOCATION

St. Joseph's School — VNA Family Room
20 Allen Street
Burlington, VT 05401

Special thanks to the Visiting Nurse
Association for its kind support!



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