

# MASTERMOMS

A Therapeutic Support Group for New Moms\*

Mastermoms is a place where you can share your fears and frustrations in a safe place without judgment, and find support and understanding as you journey through the new adventure of motherhood.

Since giving birth, have you ever felt:  
Sad, ANGRY, Lonely, Confused, Exhausted, or Alone?

Have you ever thought things like:  
I miss my old life...  
I can't believe I'm somebody's mommy!  
I don't want to have sex now... or maybe ever...  
I'm so tired of everyone telling me how to parent!  
I'm in this alone...

If so, this group is for YOU!!

We'll be addressing topics such as:

- Relationship/ Lifestyle Changes
- Postpartum Depression/ Postpartum Anxiety
- Emotions
- Body Image
- Sex
- Self- Care

Group meets virtually on Saturdays from 9:00am– 10:15, beginning August 15th.

Registration required. Babies and snacks welcome! For more information or to register, email or text:

Chana Johnson, LGPC, NCC at [counselormft@gmail.com](mailto:counselormft@gmail.com)/ 443-529-8108

Cost- \$25 per session; Carefirst/ BCBS Accepted

\*with babies under 12 months old