



Moving Into Motherhood

a 4-week educational group for first time moms

This group provides new moms a place to find support, to share stories and to learn about moving into motherhood. We'll talk about our pregnancy and birth stories, feelings about being a new mom, the changes in our relationships with our partner, family and friends and much more.

When: Mondays, 10:30 am – 12:00 pm

Facilitated by: Shelley Walker Rosen, LCPC, LADC, ADTR

Held at: Crossroads Greater Portland Counseling Center
71 US Route One Suite E
Scarborough, Maine 04074

FMI or to join: 207.773.9931 or lwishart@crossroadsme.org

Visit crossroadsme.org/find-a-program/current-group-offerings for more information

Fee: \$25/session



Upcoming Sessions:

July 9, 2012 – July 30, 2012

August 6, 2012 – September 10, 2012

(we will not meet on August 13th
and September 3rd)

Programs partially funded by DHHS. An Equal Opportunity organization.