

THE MOTHERHOOD CIRCLE

POSTPARTUM MOMS SUPPORT GROUP

Because motherhood wasn't meant to be done alone.

Are you navigating the ups and downs of life after baby?

Whether you're experiencing joy, overwhelm, exhaustion, or all of the above—you're not alone.

This group is a safe, supportive space for moms to:

- Share openly about the challenges of postpartum life
- Connect with other moms who “get it”
- Learn practical tools for managing stress, mood, and daily demands
- Receive encouragement and validation

Meets in-person the first Monday of every month, 11:00–12:30 pm

- First session: Monday, October 6 11:00–12:30 pm
- \$20 to attend— drinks & snacks included
- Babies welcome!
- Please RSVP to admin@pinkertonpsychotherapy.com

Facilitated by:



Kathryn Smyth

LCSW, PMH-C

Pinkerton Psychotherapy



Chelby Mendell

LCSW, PMH-C

Chelby Mendell Therapy