

CONSCIOUS MOTHERING SERIES

Finally, a parenting group willing to take a deeper look at who **YOU** are as a parent.

DO YOU UNDERSTAND WHY AS A PARENT... YOU SAY THE THINGS YOU SAY? YOU REACT THE WAY YOU DO?

You may even feel awkward, ambivalent, guilty? As parents, we owe it to our kids to be whole people. In fact, we have a responsibility to understand our child's world. However, we are not always taught the skills to do so. This is an informative and experiential group that will teach moms the latest in brain development, how your own childhood affects your relationship with your kids without your awareness, repairing relational hurts and deepening your connection with your child. This group, facilitated by Marriage and Family Therapists Jenna Flowers and Nola Casserly, is applicable to mothers with children at any stage of development and will be tailored to meet your own individual mothering challenges. In 10 weeks, you will become more conscious of how you relate to your child and yourself!



CHILDCARE PROVIDED

10 WEEKLY 90 MINUTES SESSIONS FOR \$350 • JANUARY 14TH - MARCH 25TH

THURSDAYS 9:30-11 with Jenna Flowers, Psy. D. MFT and Nola Casserly, M.A., MFT

CENTRAL COAST YMCA 2300 University Drive, Newport Beach, CA 92660

CALL 714.310.9050 to sign up or email consciousmothering@hotmail.com