



Pregnancy and New Mother Education and Therapy Group

We All Need A Little Support Sometimes, Especially When Expecting!

This group is designed for:

- Any adult pregnant woman.
- First time mothers.
- Mothers who are transitioning from one to more children.
- Mothers who had difficult previous pregnancies.
- Mothers who are pregnant with multiples.
- Mothers who are new to town and don't have a lot of support.
- Single mothers.
- Mothers who just need some extra support!

This group is designed to:

- Help you cope with everyday stressors related to family, friends, or work.
- Help you deal with balancing work and family responsibilities.
- Help you understand depression, anxiety, and other mental health issues.
- Help you cope with issues of body image and eating.
- Help you develop improved self-care in your life.
- Help you develop improved communication and other relationship skills.
- Help you learn about available resources in the community.
- Help you make decisions about your pregnancy.
- Talk to other mothers with similar concerns and questions!

We will provide support and help you develop a personal plan for success, in a comfortable and therapeutic environment.

- When: Twice a month on a day and time to be determined by group need.
- Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
- Cost: \$60.00 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

To Register: Download a registration form from our website; Call 572-0000; or email officemanager@lepageassociates.com

Space is limited so register now to reserve a spot!

www.lepageassociates.com