

# Mothering Without a Model Support Group

The Center for Early Relationship Support®

This seven-week support group offers an opportunity for mothers of young children to explore the ways in which the absence of a positive maternal presence in their lives has impacted them as mothers, including:

- How the ways you were mothered influence your parenting style
- How you now see and understand your own mother as a parent
- Who are the sources of support in your life
- What you are learning about yourself as a mother from your own children

This small group also gives mothers the opportunity to receive and give support. Women learn to recognize their own parenting style as well as the unique strengths, intuitive gifts, and skills they bring to mothering. This FREE support group is open to the entire community.

## When:

TBD

## Where:

Online via Zoom



To register for the group or to learn more, please contact us at [CERSIntake@jfcsboston.org](mailto:CERSIntake@jfcsboston.org) or 781-693-1200.

An intake will be required prior to enrollment.