



Motherhood doesn't always feel the way we imagine it would

The Center for Early Relationship Support

When motherhood doesn't feel the way you imagined...you are not alone.

Becoming a mother can bring joy, but it can also bring sadness, anxiety, stress, exhaustion, and uncertainty. If this journey has been more difficult than you expected, we want you to know that asking for help is a sign of strength.

Join our FREE group, where you can share your experiences in a safe, confidential, and judgment-free environment while connecting with other mothers. This group is being offered in Spanish.

You do not need to have a diagnosis to participate. If you feel you need support, this space is for you.

When:

Wednesdays, 9:00 - 10:00 a.m.

This group is part of an ongoing series of support groups. Registration remains open throughout the year.

Where:

Online via Zoom



You do not have to go through this alone. We are here to support you, because taking care of yourself is also a way of caring for your baby.

For more information:

**Laura Gomez Machiavello
(781) 250-9936**



An intake is required prior to enrollment.