

Mindful Moms Group

Set aside time for *YOU* and join our 6 week group.

This virtual group combines processing and skills-building to help you live a more meaningful life.

Sample topics include:

self-compassion
"mom guilt"

shifting identities
boundaries

Wednesdays 12–1:30 pm
starting August 28, 2024

Virtual group through
Anxiety Specialists of Atlanta

\$60 per session
(total of \$360 for 6 sessions)

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For more information, visit

<https://anxietyspecialistsofatlanta.com/events/mindful-moms-group/>

