



# BEYOND POSTPARTUM GROUP

The difficulties we experience as mothers can extend past the postpartum period. We are often burdened by the past, and can become triggered when the past clashes with the difficulties of motherhood. Learn the tools to cope more effectively and help you thrive in motherhood.

*Open to those in all stages of motherhood.*

#### What will be covered

- Coping skills and stress management tools
- How to focus on the present and let go of judgment
- Identify and modify unhelpful ways of thinking
- Strategies to increase self-compassion and break the cycle of guilt and shame



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