

Rooted in Motherhood



A supportive postpartum group for connection, growth, and healing

Motherhood changes everything, but you don't have to navigate it alone. Join a safe and supportive space from mothers with children from newborn to 3 years old to learn, connect, and grow alongside other moms who truly understand

OUR GROUP JOURNEY

This 14-week group is divided into 4 supportive phases

1. UNDERSTANDING THE POSTPARTUM JOURNEY

September 30th
Weeks 1-3

Explore the physical, emotional, and mental changes of postpartum and normalizing your experience.

2. CHALLENGING NEGATIVE THOUGHT PATTERNS AND REBUILDING CONFIDENCE

October 28th
Weeks 5-8

Identify negative thinking patterns, build self-compassion, and strengthen your confidence as a mother.

3. BUILDING EMOTIONAL SAFETY AND COPING SKILLS

December 2nd
Weeks 9-11

Learn tools to regulate emotions, manage stress, and create a greater sense of safety and support in your everyday life.

4. HEALING AND MOVING FORWARD

January 6th
Weeks 12-15

Reflect on your growth, heal past wounds, and set intentions for the future you and your family deserve.



In-Person
Wednesdays
11:30 AM to 1:00 PM



Insurance accepted
Self-pay \$50 per week



A space to be seen,
heard, and supported.
Mothers Matter.

READY TO TAKE THE NEXT STEP?

LEARN MORE & SECURE A SPOT:

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EMBRACE WELLNESS
counseling services

www.embracewellnesscs.com