

Passage into Motherhood: Challenges, Disappointments and Joys

The birth of a baby is a celebrated time. But for the new and first time mom, it is a sudden and significant change of identity, roles, relationships and lifestyle. Our culture can encourage women to expect that this transition occurs naturally, easily and quickly. In truth, it can be a challenging time during which many women have little support or opportunity to talk about their experiences.



Passage into Motherhood: Challenges Disappointments and Joys is an eight week group for first-time moms with babies 6 months of age or younger. The focus will be on the new mother's experience. Mom's are invited to bring their babies.

Group Dates: Mondays, June 16 until August 18, 2008, 1:00 pm until 2:30 pm (no group 7/7)

Location: YMCA Evanston
1000 Grove St, Evanston, IL 60201

Series Fee: \$200/\$225 (McGaw YMCA members/nonmembers)
Limited sliding scale spots available - please contact Julie or Malik for details

Group Leaders:

Malik Turley is a family life educator with 14+ years of parenting experience and over 5 years of experience supporting families. First becoming a birth doula, then gradually adding other parenting-focused services has let Malik find her passion – helping parents and children.

Julie Victor is a Licensed Clinical Social Worker with 20 years of clinical experience. Her transition to motherhood began in January 2003 with the birth of her first child. Struck by the power of this transition and how, in many ways, she felt unprepared for what she experienced, she created this group for other new moms.

For more information, please contact:

Julie Victor, LCSW at julievictor.lcsw@sbcglobal.net; (773)-505-5229 **or**
Malik Turley, Family Life Educator at malik@300weeks.com; (847)401-0820

To register, please contact the McGaw YMCA at (847)475-7400 or online at www.mcgawymca.com