

Momma Bears

Group Therapy & Peer Support

For moms of infants
from newborns to ~6 months old

When you're in the newborn and infant stages, the constant change can feel overwhelming, isolating, and exhausting. The sleepless nights, the flood of decisions, the pressure to do everything right, being needed constantly and ignoring your own needs, and the quiet moments where doubt creeps in.

You don't have to go through this alone.

This group is a space to show up exactly as you are—tired, unsure, proud, or anything in between—and feel genuinely supported. Together, we'll share real experiences, find encouragement, and create a community that brings connection, grounding, and a little more ease to this tender season.



Session Details

- **Thursdays 1pm – 2:15pm**
- **Starting Dec or Jan (based upon enrollment)**
- **Tight knit group: 5–8 moms**
- **\$75 a session**
- **Join with your baby (or not!). Feed, sooth, and change your baby at any time.**

What you'll get out of this group

This hybrid therapy and peer-support space offers a mix of emotional support, practical guidance, real-life tools, and connection. Through meaningful discussion, skill building, and shared experience, you'll feel seen, supported, and more steady in this transition.

NEXT STEP: Email Esther for a FREE 15-minute consultation to determine fit.

Esther@YourTurningLeaf.com

Esther Merritt, M.A., LMHC

With over 15 years of experience supporting individuals through major life transitions (and a mom to two young kids), Esther looks forward to supporting you through what is both a beautiful and a challenging time of adjusting alongside this new member of your family!



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Virtual, Local to Massachusetts

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