

Support Group for Super Moms

Does motherhood feel lonely, overwhelming, and confusing? Does it feel like there isn't enough of you to go around? Do you feel defeated and exhausted even after trying your best? This group is for you!!

Together we will:

- ♥ Alleviate mom guilt and let go of unrealistic expectations
- 🧠 Cope with the mental and emotional load of parenting
- ♥ Discover powerful practices for self-compassion
- 🌱 Create sustainable self-care routines that actually work
- 🤝 Create a community of shared support and processing



Dates:
May 16, 30
June 13, 27
July 11, 25

1 - 2 PM

Virtual!

\$50 / SESSION



Hi, I'm Brittany Garoutte. I'm a mom and a Licensed Professional Counselor, and I've spent my career supporting parents just like you. My passion is helping moms build strong, healthy connections with their children while also learning to care for themselves.

Sign up
here →

