

Working Mom's Support Group

Balancing a career and a family can feel like an impossible challenge. Do you feel like you are spread too thin and constantly falling behind? Do you worry about letting others down? Do you feel like stay-at-home moms do not understand your life?

You are not alone. This group will address many topics of concern for working mothers, such as:

- Balancing work/family needs
- Feeling guilty for time away from children
- Finding a good daycare/preschool
- Addressing family relationships with spouse or other children
- Concerns about nursing/sleeping
- Postpartum depression
- Feeling socially isolated
- Questions concerning parenting through the early months and years
- Better prioritizing your own needs and engaging in self-care

For more information and to register, please contact:

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