

# FAQs

## What is a support group?

A facilitated support group offers a chance to connect with individuals in your community who share similar experiences and to collectively address challenges, providing both emotional support and valuable insights. Support groups are not intended to replace therapy services.

## What is the purpose of the support group?

The focus is to provide an inclusive, safe, confidential, and trusted place where moms can feel heard and validated as well as learn skills to manage and cope with everyday stressors.

## Who is this support group intended for?

Whether you're a first time mom or seasoned pro, mothers of all stages of motherhood are welcome to attend to find balance, feel heard, and build connections with other moms. This support group is not affiliated with any church or religious organization, despite the fact that it is being held in a church facility.

## Can I bring my child(ren) to the support group?

Absolutely! Children are welcome to join you. The facility offers a small nursery equipped for diaper changes and feeding needs, but you're also welcome to care for your baby within the group setting. We have a selection of toys to help keep little ones entertained, and you're encouraged to bring anything your child might need to stay comfortable. The group is a supportive space, and we're all here to help if needed!

## What's the commitment?

There will be 4 monthly sessions beginning on February 5th, 2025. Groups will be held on the 1st Wednesday of every month (Feb/Mar/April/May). This support group operates as a closed group, meaning it has a designated start and end time, and new members are only accepted at the beginning of the group's cycle. We ask that you make a commitment to attend all 4 sessions to enhance group cohesion and maximize your benefits of the support group.

## Signing-Up

Space is limited! Register for a spot by using this QR code to fill out the interest form. Reminders will be sent as the start date approaches.



[https://docs.google.com/forms/d/e/1FAIpQLSfrPeCLvFq\\_G67d8ptJwS-aEAHGldaf\\_emCmFmYvjy06LfJMQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfrPeCLvFq_G67d8ptJwS-aEAHGldaf_emCmFmYvjy06LfJMQ/viewform)