



S·U·N·S·T·O·N·E  
COUNSELING

## ***New Mom and Baby Support Group***



**Are you pregnant or about to become a MOM for the first time? Becoming a new mom is an exciting but sometimes *overwhelming* chapter in women's lives.**

**Who:** This therapy group is particularly designed for brand new mom's and most will be on maternity leave and have 2 week - 6 month old babies.

**What:** Therapeutic support group for new moms

**When:** Groups are always held on Wednesday 9:30-11am. This group is closed to registered members. The group reopens for new moms every eight weeks.

**Where:** Sunstone Counseling, 124D East Broad St., Falls Church, VA

**Why:** To help give and get the support, education and understanding that new moms need and deserve.

Contact Amy Stephens, Licensed Professional Counselor at [amy@sunstonecounselors.com](mailto:amy@sunstonecounselors.com) / 703-606-7957  
or Katie Clark, Licensed Professional Counselor at [katie@sunstonecounselors.com](mailto:katie@sunstonecounselors.com) / 703-850-7024

**Rate:** Sessions are \$75 a group and could be reimbursed by insurance providers depending on plan.  
Please sign up before or just after your baby is born.