

Saturday
March 7

9am-1pm



Amanda Enlow, LPC enjoys specializing in reproductive and maternal mental health, including perinatal mood and anxiety disorders & emotional distress, birth related trauma, NICU related trauma, perinatal loss including miscarriage and stillbirth, fertility issues including IVF and surrogacy, and spouse/partner support.



WHOLEHEARTED MOTHER WORKSHOP

When mom takes care of mom, her family also reaps the benefits.

Build Support & Practice Self Care

Join us for a half day workshop where you will step away from external pressures and receive the nourishment that can only be provided by people walking the same path.

You will build safety in a group of courageous moms, begin to explore some of the ideas about motherhood that lead to self-judgment, and set on the path to rediscovering your identity.

Workshops are open to all mothers struggling with the transition to motherhood, and are offered at \$150.00. Please contact Amanda at amanda@fortmillpsychotherapy for more information and to register.

