



FULL CIRCLE FAMILY CARE, LLC
...the center for lifelong health and healing

1241 Mamaroneck Ave. • White Plains, NY 10605 • 914.421.1500

- Home
- The Center
- Practitioners
- Diagnostic Testing
- Programming
- The Shop at Full Circle
- Rental Information
- Contact Us/Directions



Home | Up | Monthly Programming | The Authentic Mom | Holistic Moms | Childbirth Education Class | Infant Massage | LGBT Confidential |

MOTHERHOOD.....

We know what it's **supposed** to be.
Now let's talk about what it's **really** like.



We're **supposed** to feel fulfilled, but we have this nagging sense that something's missing.

Society tells us that motherhood **should** fill us with joy, but we're also feeling anxious and overwhelmed.

Other mothers look like the perfect moms who have it all together, but we feel like we're not good enough.

Everyone seems to have a formula for every aspect of parenting. But do you ever get the feeling that what you experience doesn't exactly look like what everyone else describes?

It's time we get together to speak openly and honestly about our **true** experience of motherhood. Women need a **safe place** to explore the family issues, societal pressures and expectations that can make motherhood so stressful.

INTRODUCING... THE AUTHENTIC MOM Self-Exploration Groups for Mothers

Every Tuesday from 7:00 to 8:00 pm at Full Circle Family Care

Experience the support of other mothers dealing with similar issues. Start getting in touch with what you really feel and need. Gain a sense of empowerment to live a life that is truly "authentic".

TOO MUCH on your plate?

YOU'RE the one who has to do EVERYTHING?

Can't even THINK about your own needs?

TIME OUT!!

Taking care of yourself is not a luxury -- it's a NECESSITY.

You can't afford NOT to.

Click here for an informative brochure in PDF format.

The demands on me are endless. I feel like I have to do everything perfectly. Everyone else seems to have it so together, but I'm just exhausted.
-Sarah G., mother of two, Scarsdale

\$30 per session

Call to register, 914-421-1500, ex 0 for reception.

For more information, visit www.theauthenticmom.com or call 914-582-0801.