



The Authentic Mom

Self-Exploration Groups for Mothers

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The Authentic Mom Speaks at Full Circle Family Care

A Candid Conversation About Motherhood

Sherri Muroff Kalt, Founder of The Authentic Mom, Facilitates

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.

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