



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

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The Authentic Mom and Sherri Muroff Kalt

Self Exploration Groups for Mothers



Full Circle Family Care would like to highlight **The Authentic Mom** and **Sherri Muroff Kalt**, leader and founder of **The Authentic Mom**, self-exploration groups for mothers. Sherri, a Westchester-based mother and specialist in parent/child dynamics, created The Authentic Mom as a way to bring women together to speak honestly and openly about their true experiences of motherhood-and ultimately live more "authentic" lives.

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". Come and join our group on **Thursday mornings from 9:15 to 10:30**. Call 914.421.1500 ex 0 for more information.



WOMEN REVEAL HOW THEY REALLY FEEL ABOUT MOTHERHOOD

Hint: Big Gap Between What They Expected and What They Got

By Sherri Muroff Kalt, Founder of The Authentic Mom

We all know what motherhood is *supposed* to be. We're *supposed* to feel fulfilled — and sometimes we do — but we have a nagging sense that something's missing. Society tells us that motherhood should fill us with joy — and sometimes it does — but we're also feeling anxious and overwhelmed. We look around us and it seems like all the other mothers have it so together — while we secretly worry we're not good enough. Everyone — whether it be a friend, family member, the media, or a so-called "expert" — has a formula for every aspect of parenting. But what if your experience doesn't exactly look like what everyone else describes?

What are mothers really experiencing?

And why have they been afraid to talk about it?

The way we feel about motherhood is a product of many different personal, family and societal influences coming together in ways that are complex — and continually changing over time.

Personal History

The creation of your own family involves dynamics that more closely resemble those of the family you grew up in than any other life experience. So it is not surprising that emotional issues arising from your childhood are likely to resurface when you become a mother. However, we may not consciously recognize that this is happening — or be able to make sense of the uncomfortable feelings we're experiencing. But whether or not we have this awareness, the childhood dynamics that shaped the way we think, feel and operate have a profound effect on the way we experience motherhood. Core beliefs about ourselves and the world influence how we perceive our children, interpret their behavior and respond to them - in essence, the very nature of our bonds with them.

Click here http://theauthenticmom.com/familycircle_overview.pdf to learn how Professional Status, the So-Called Mommy Wars, Marital Issues, Child Care and Financial Status and more impact our lives as women and as mothers.