

Rye YMCA to host Self-Exploration Groups for Mothers: "The Authentic Mom"

Rye Brook therapist Sherri Muroff Kalt will be bringing mothers together to speak honestly and openly about their true experience of motherhood. Leading weekly groups at the Rye YMCA every Thursday from 10:30 to 11:30 a.m., Ms. Muroff Kalt is providing a safe place for women to discuss personal issues, cultural pressures and expectations that can make parenting so stressful.

"We are delighted to have Muroff Kalt offer this program at the Rye YMCA," said Kelly Kressler, Director of Family Services at the Rye YMCA.. "Whether you are a first time mother or navigating the waters of parenting a teenager, this class can be helpful to all woman in a parental role." added Kressler.

"Women are constantly bombarded with messages dictating how they're supposed to raise their children - and how they're supposed to feel about it," explains Ms. Muroff Kalt. "Everyone from family to friends to the media seems to have a "formula" for every aspect of parenting. But what if your experience as a mother doesn't look like what everyone else describes?"

It's easy to get caught up in the whirlwind of performance and achievement in

our status-obsessed society - and wind up raising our kids to do the same. How many times do mothers find themselves feeling like they're not good enough? How often do they doubt themselves? Why do they feel so anxious and unfulfilled?

Called The Authentic Mom, Ms. Muroff Kalt's groups are designed to help women live more "authentically" - in sync with their true needs and beliefs. The support of other mothers dealing with the same issues will help women feel empowered to follow their own paths. And doing so will enable them to be role models for their children - teaching them by example the importance of being true to yourself.

Muroff Kalt graduated from Duke University in 1983 with a B.A. in Psychology. Most recently Muroff Kalt was a staff psychotherapist at the Center for Preventive Psychiatry in Peekskill, NY.

The "Authentic Mom" Class is offered on Thursdays from 10:30 a.m. until 11:30 a.m. and is open to the public on a first come-first served basis. Space is limited. Fees are \$30 per session/class. Reservations are required and can be made by calling 914-967-6363 and asking for Kelly at extension 115.