



# Westchester Community College

State University of New York

## 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.

**Westchester Community College** hosts this special discussion group.

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 join Sherri Muroff Kalt, Founder and President of The Authentic Mom, to discuss what mothers are REALLY going through....and what we can do about it.

**Don't miss this provocative conversation....**

Wednesday June 11, 2008 at 7:00pm  
Westchester Community College, Valhalla, NY

To register and obtain more information, call Continuing Education at 606-6830 press 1 or email [communityservices@sunywcc.edu](mailto:communityservices@sunywcc.edu)

For more information about The Authentic Mom, visit [www.theauthenticmom.com](http://www.theauthenticmom.com).