

Mommy & Me

JOIN THIS GREAT **NEW GROUP!**

For mothers & their babies age 0-10 months

Is there a new baby living in your house?

Does your baby want to meet other Jewish babies?

Do you want to meet other moms with newborns?

If you said YES to any of these **our Fall 2010 Mommy & Me group is for you!**



Offering mothers the opportunity to share their stories with other moms,

address the daily concerns and pleasures involved in raising an infant, and a chance to learn and grow together. Eight week sessions, lead alternately by two experienced professionals and presented in an informal give-and-take setting, mothers will share feelings, frustrations and joys of parenthood. Topics will include: adjusting to parenting, feeding and sleeping, attachment and bonding, and much more. Mothers will explore their relationships as their roles change with parenting and will begin to look ahead as they plan for their family's future.

Instructors:

Becky Fischbein, LCSW

Allison Sokol, MA

Location:

Jewish Federation Community Room

10630 Little Patuxent Parkway, Suite 400, Columbia, Maryland 21044

8 weekly sessions

For more information, or if you are expecting a baby soon, contact Michelle Goldberg

michelle@jewishhowardcounty.org or call 410.730.4976 ext. 118



A program of the Jewish Federation of Howard County

[www. JewishHowardCounty.org](http://www.JewishHowardCounty.org)