

E3 SOLUTIONS OF NC PRESENTS:

MINDFUL MOMS: A MINDFULNESS-BASED SUPPORT GROUP FOR MOMS

Mindful Moms is an eight-week group designed for moms with children of all ages. The group meets weekly for 75 minutes. Group activities focus on developing mindfulness skills and building strategies for applying those skills. The goal of the group is to help moms be more centered, present, and effective in their role as mothers. The group also functions to connect moms and help them develop a larger network of support.



Barbara Pherribo is a Licensed Professional Counselor (LPC) with 31 years of counseling experience in working with adults, teens, children and families. She has facilitated psychoeducational groups for over twenty-five years.

**Eight-week group
focused on
building
mindfulness skills
and developing a
support network**

**Cost is \$30 per
group session**

**The group will
meet on Tuesdays
at 6:30**

**Email to register
or for more
information:**

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