



Nurturing the Mother

A Process Group for New Mothers

An open and non-judgmental space for new mothers to connect and build relationships; receive feedback and support; and create a more caring and compassionate space within themselves.

Group is open to female identified folx with one child 2 years of age or under (participants may have additional children older than 2 as well).

Tuesdays 11:30 AM - 12:45 PM

Group meets virtually with opportunity for in person meetings once per month.



Starts October 1st

Cost \$70 per session.

BCBS, Cigna, Aetna and USHIP Insurance accepted.



Pre-group meetings are required to join.



If interested please contact Dr. Heather Frank at drhfrank@chicagocounselingcollective.com for more info or to set up an individual meeting.

