

The Balancing Act: Balancing Self, Life, and Motherhood

with Michelle Richardson, MSW, LCSW

Motherhood transforms the core of our identity. While this shift is amazing and life-changing, it also can stir up a great deal of stress and anxiety in the postpartum period. Join us for this 2 part workshop on restoring and maintaining balance within ourselves by learning practical, take-home tools and strategies for managing the emotional ups and downs of mommyhood. Get ready to assess your stress, identify unhealthy thought patterns that contribute to negative feelings and behaviors, practice mindfulness, and regulate your emotions in a healthy and balanced way.

When: Friday 2/13 & 2/20 from 10:30-12pm

Where: South Jersey Breastfeeding Center
212 Haddon Ave, 1st Floor Haddon Twp, NJ 08108

Register: via email at mrichardson901@gmail.com

Fee: \$125



About Michelle:

Michelle is a NJ Licensed Clinical Social Worker. She provides counseling services in her private practice in Audubon with a specialization in the assessment and treatment of prenatal and postpartum depression, anxiety, and related women's issues. Michelle is passionate about helping women navigate the challenges of motherhood and life in a supportive and healing environment. Michelle is also a local mama that lives with her husband and three children in South Jersey.

To learn more about Michelle and her practice, please check out her website at www.michellerichardsoncounseling.com.