

"Motherhood is great, BUT..."

Group discussions on the challenges of becoming a mother, facilitated by trained psychotherapists

Did you have expectations of how motherhood would be, but the reality is very different? Others seem free and easy, but you're doing it around the clock... and failing? You don't regret having a child, and find motherhood has many enjoyable aspects BUT... you weren't prepared for the feeling that everything has changed. No one warned you that you might feel like this, but you're not alone.

Come and talk openly with other new mums who are going through the same as you

£65 for a course of 6 sessions.
'Taster' session 16 Dec 2013,
then fortnightly from
13 Jan – 24 Mar 2014
1pm – 2.30pm
Bounds Green venue

To find out more or apply:
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Over the course of 6 sessions, two fully qualified psychotherapists will offer a safe, supportive and confidential space for exploring the variety of feelings which can arise at this turning point in life:

- feeling anxious, angry & unhappy
- fear of being a bad mother
- loneliness
- loss of your identity
- relationship difficulties
- coping with separation

Andie Newman is a psychoanalytic psychotherapist working in private practice in both Bounds Green and central London. She has worked in the NHS and at Islington MIND. Andie completed her post-graduate training at The SITE for Contemporary Psychoanalysis and is registered with the United Kingdom Council for Psychotherapy. Andie has a special interest in working with new mothers. Further info can be found on her website: www.andienewman.com

Angela Kreeger is a psychoanalytic psychotherapist with over 20 years experience in a variety of settings, from the NHS to MIND, including working with mothers. Angela is on the Training Committee of The SITE for Contemporary Psychoanalysis. She is registered with the United Kingdom Council for Psychotherapy and has a private practice in Bounds Green.