



MOMS IN TRANSITION

Coaching group starting soon!!

Are you facing a transition in your own life, as your children get closer to making a change in their lives? This is a group for mothers who are interested in actively thinking about and planning for their role in the next phase of motherhood.

Goals of the group:

- a. Teaching a new framework, called Creating a Mosaic Life, for integrating the many roles you play throughout your day in your personal, professional and social relationships.
- b. Helping women to plan for the time when the rhythms and demands of your children's early years give way to new patterns as they get older. Focusing on which new roles and aspects of your life you'd like to include during the next phase of your life.
- c. Providing a place to explore these ideas with other women in an atmosphere of support, confidence, friendship, learning from each other, accountability for meeting goals, and sharing ideas.

Dates: Eight sessions, meeting once a week to be scheduled based on the groups' availability. Groups are forming now. We won't meet if Montgomery County Public Schools aren't in session.

Location: To be determined, but in the Bethesda or Silver Spring area

Leader: Beth Sperber Richie, Ph.D., Psychologist and developer of the Mosaic Life approach

Cost: \$400 for the 8 week group (can be paid in installments)

How to register: Call Beth at 301-523-8882 or e-mail: beth@mosaiclife.net
To learn more about Creating a Mosaic Life, check out Beth's website:
www.mosaiclife.net