

BACK-TO-WORK AFTER BABY -SUPPORT GROUP-

FACILITATED BY A LICENSED PROFESSIONAL COUNSELOR

Six meetings focusing on:

- **the decision** - *“How do I know if going back/ staying home is the best for me and my family?”*
- **the transition**- *“Now what?”*

Topics discussed include:

- Financial concerns
- Role transitions
- Child care
- Feelings of guilt,
- Workplace issues
- Work-life balance

Thursdays 7- 8:30pm

For dates, information and to register visit us at www.lifestartcounseling.com.

Babies 6 months and younger are welcome.



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