

FROM BURNED OUT TO CONNECTED

The Empowered Mom Collective Support Group

This 8-week support group is for moms who feel overwhelmed, stretched thin, and stuck in survival mode. Come exhale, feel understood, and learn practical tools to calm your nervous system, reduce guilt, and reconnect with yourself and your relationships.

WHAT TO EXPECT



8 Weekly Meetings

A supportive space to slow down, reflect, and grow alongside other moms who get it.



Real Tools + Real Support

Nervous system regulation, emotional validation, and practical strategies you can actually use in real life.



Connection & Community

Feel less alone. Learn how to communicate your needs and rebuild connection in motherhood and marriage.

JOIN OUR SUPPORT GROUP

If you've been feeling exhausted, resentful, irritable, or like you're not even enjoying the life you have... you're not alone. You don't have to survive motherhood anymore. This group is a space for honesty, healing, and learning how to feel like yourself again.

Limited spots available. Registration required.

Register Here



Location:
Virtual via ZOOM

Contact Information:
Nancy Vicuna
Mental Health Manager
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When:
03/10/26 – 04/28/26
Tuesdays 5:30 - 6:00pm