



Motherhood: Embracing the Journey

From the moment a woman becomes aware that she is pregnant, perhaps due to morning sickness, a transformative relationship begins. We begin in deep embodied intimacy with that little one, and then comes the transition of birth and the challenge of soothing an infant, managing the temper tantrums of a toddler or responding to the attitude of a teenager. The journey is full of challenge and sacrifice, and it almost never proceeds according to the plan. Rarely are mothers granted the time and space to reflect and recuperate. In this group, we explore with compassion and a fierce commitment to the celebration of the “good enough” mother. Part support group, part experiential group focusing on self-care, and part opportunity to hold each mothers’ story, this group is designed to allow women to not just survive but thrive in their role of mother with wisdom, grace and humor.

Every Tuesday from 6:15-7:30pm
Dates March 6, 13, 20 & 27
At LifeCare Wellness
45 S. Park Bld. Ste 200 Glen Ellyn, IL

For group information and registration
Email rothwell.lifecare@gmail.com
Insurance can be billed or self pay \$50/session
Session schedules flex based upon client needs.

Kimberly Rothwell BC-DMT, LCPC, CADAC, GL-CMA: While working in the counseling field over the past ten years, Kim has brought all of her training as a dance/movement therapist to the work of becoming a mother and raising three children. In addition to her current private practice, Kim teaches in the Department of Creative Arts Therapies at Columbia College Chicago.