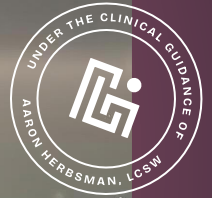


# Growing as a Mother

A parenting group for reflection, healing, and connection



A supportive space for mothers seeking **connection, confidence, and emotional balance** for themselves and their children.

This group supports mothers who want to feel more connected and confident in their parenting while caring for their own emotional wellbeing. Together, we will explore what gets in the way of being fully present, whether stress, past experiences, or emotional challenges, and learn ways to respond with greater calm and compassion.

Led By  
**Gitty Kahn**  
LCSW Msed

Gitty Kahan brings over 15 years of experience working with parents and children in both clinical and educational settings. A trauma-focused and play therapist, she helps parents understand their children's emotional and developmental needs while strengthening parent-child connection. Gitty's warmth, insight, and practical guidance make her a skilled and supportive leader for parenting groups.



**Strengthen** emotional connection with your children  
**Build** tools for balance and resilience  
**Deepen** self-understanding and confidence

**Tuesday 11:00-12:00pm**  
**926 Bedford Ave**