

Group Therapy for Stay-at-Home Moms

*You love being a mom. But some days you wonder:
Who am I beyond that?
This group is a space to rediscover yourself.*

Is This You?

- Your kids are in school and you don't know what to do with yourself
- You feel guilty for not being "productive enough" during the day
- You're lonely even though you're never alone
- You miss who you were before kids but feel guilty admitting it
- You wonder if you should go back to work but don't know where to start

What We'll Explore Together

The guilt • Identity beyond motherhood • The productivity trap • Isolation and loneliness • Working vs. staying home • Relationship dynamics • Redefining purpose and meaning

When: Wednesdays, 1:15-2:45 PM
Starts: January 7th, 2026 (8-week series)
Where: Rose Room Visitor Center
15619 Main St NE, Duvall, WA 98019
Group Size: 6-8 participants
For: Stay-at-home mothers of school-aged children

**Childcare is not provided. This group meets during school hours.*

\$360 for 8-week series

Payment due at registration. Full refund before Week 2, 50% refund before Week 4.

Ready to Join?

Molly Schroeder, LMHC

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Space is limited. Registration opens November 1st, 2025.

*Led by a licensed therapist who understands this journey firsthand.
You're not alone. You're doing enough. You matter.*