

Step Mom's Support Group - 8 Weeks

Tuesdays, 6:30-8:30 pm

October 9-November 27

Co-facilitated by Raquel Cader, MSW RSW & Samantha Sherer EAT C(OACCPP)

Bloorcourt Therapy

www.expressive-arts-therapy.ca

expressive.arts.therapy@gmail.com

416 459-1907

Many Step-mothers are surprised to learn that parenting their partner's child is hard! This is a place to share your challenges and joys as a Step-mom. Join the group to learn new skills, give and get support.

This group offers Step-moms

- Emotional support for the complicated feelings of parenting their partner's child,
- A chance to problem solve the challenges of being a Step-mother with other Step-moms
- Skills to navigate co-parenting with their partner's former partner
- Skills to care for themselves while Step-parenting
- Skills for keeping the marital relationship loving and healthy

Where: Groups are hosted in a warm and welcoming office on Bloor (Steps to Christie Subway)

When: Tuesdays from 6:30-8:30 pm October 9- November 27, 2012

This is a closed group, so no drop-ins please.

An intention to attend all 8 meetings is required

(Exceptions made for illnesses and extenuating circumstances, of course!)

Cost: \$50 +HST=\$56.60/2hour meeting, totalling \$400+HST =\$452 for the 8-week group.

Payable monthly. Coffee, Tea and cookies will be provided.

(Some extended health benefits may offer coverage, check with yours!)

If you are a Step-mom in need of support please contact Samantha directly or visit her website for more information. Please sign up soon as spaces are limited.

Samantha Sherer EAT C(OACCPP) is a step-mom, a certified counsellor and psychotherapist. She works with all members of families who are separated and re-partnering. Samantha truly understands the need for a safe place, where women can speak freely about their complicated feelings about being a Step-mom. She looks forward to working with Raquel again.

Raquel Cader, MSW RSW is a separated mom of three children. She works with individuals, couples, families and groups. Raquel believes that each person is an individual in their own unique life circumstances, and that much can be learned from sharing experiences with others. Raquel is very pleased to be co-facilitating with Samantha again.