

Nurturing the Mother

Weekly Support Group for Mothers of Children up to 3 Years Old

Connect with other moms, learn about helpful tools and resources, build skills to manage stressors, share experiences and ideas

\$20 per session

Blue Cross Blue Shield PPO insurance accepted

Other insurance providers can be billed out of network

Meet via Zoom from the comfort of your home

FOR GROUP
DAYS AND
TIMES

847-436-3234

CONTACT: SUPPORT@CHICAGOFAMILYTHERAPY.COM

Facilitated by Dr. Olga Kilstein, PsyD.

Dr. Kilstein has experience and expertise in infant and child development, parent support, couples therapy, mood disorders, and reproductive health psychology



Chicago Family Therapy Center

Family, Reproductive, and Health Psychology