

Mommy Healing Circle



A safe space for moms to slow down, connect, and feel less alone.

Motherhood can feel beautiful, overwhelming, and isolating all at once.
This space is for moms to come as they are, connect, and feel supported.

What to Expect

- Guided group conversation
- Supportive connection with other moms
- Gentle breathing or grounding exercise
- A safe, welcoming, judgment-free space

When & Where

Last Tuesday of every month | 11AM- 12PM
1607 Nederland Ave., Nederland, TX

Kid-Friendly Option

Little ones are welcome to stay with mom or enjoy the play area.
Private play time available after the session.

Reserve Your Spot

\$30 per mom • +\$5 per child
Limited to 10 moms

Send payment via:

Cash App/Venmo: @alyssa1396
PayPal: @alyssa_rosenbaum8659

Then text confirmation to:

Alyssa (409-554-7757)

Hosted By:

Alyssa Martinez



Facilitated By:

Magan Bonner, LPC Associate
Supervised by James Rogers, LPC-S

