

MOTHERHOOD QUOTES:

"All that I am or ever hope to be, I owe to my mother" - Abraham Lincoln

"I like to think of motherhood as a great big adventure. You set off on a journey, you don't really know how to navigate things, and you don't know exactly where you're going or how you're going to get there." - Cynthia Rowley

"No language can express the power, and beauty, and heroism, and majesty of a mother's love." - Edwin Hubbell Chapin



What can I do next?

The Motherhood Group meets weekly on Tuesday nights from 5pm to 6:30pm at the ACDSS office.

To learn more about the group or to RSVP, please contact:

- **Kelly Wells**
kwells@albemarle.org
(434) 972-4010 ext. 2003

Child care is available upon request

If you are interested in attending, please let us know in advance to ensure childcare is available. This will assist us in making sure that our group numbers are conducive to our desired group format.

Citations:

<https://blogs.scientificamerican.com/psysociety/mothers-day-2013/>

<https://www.sciencedaily.com/releases/2017/06/170607094154>

Albemarle County Department of Social Services

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Motherhood Group



Listening to the need.

acdss
Working together for solutions.



What makes a good mother?

Children's relationships with their parents create "working models" (or mental representations) of what a relationship "should" look like. Our parents' levels of emotional responsiveness, availability, and dependability lead us to create mental models that form our concepts of what to expect in relationships throughout our lives.

(Tannenbaum 2013)

Mothers are responsible for attending to their children's physical, emotional and psychological needs. That can feel like a lot of responsibility on individuals who already have their own trauma, stress and childhood experiences to manage.

We are here to help!

"For mothers who feel they are not in control of their lives, social support can help them build a better relationship with their children."

(Örebro Universitet)

GROUP TOPICS

The Motherhood Group at ACDSS exists to provide a place for women to gather together in a supportive environment to discuss their needs and connect to community supports.

What the group discusses will vary based on the needs of group participants.

Possible Topics of Discussion Include:

- Budgeting
- Child Care
- Community Resources
- Custody Issues
- Domestic Violence
- Employment
- Grief and Loss
- Trauma
- Skill Building
- Social Services Involvement and Support

Since this group will be meeting in person please come prepared to comply with all recommended protocols to reduce the spread of COVID 19.

This group meets on a drop in basis so feel free to attend as you are available!

WHAT IF I AM NOT A MOTHER?

This group is FREE and open to the public regardless of whether or not you live in Albemarle County or have any prior involvement with ACDSS. You do not even have to be a mother to attend! Anyone who identifies as a woman in need of support is welcome to attend.

If you have questions about whether or not this group is a good fit for you, please reach out to the Motherhood Group Coordinator Kelly Wells at (434) 972-4010 ext. 2003.

