



INSTITUTE  
OF  
MINDFUL THERAPY

## MOMMY ONLINE SUPPORT GROUP

# Mommy Mondays!

Join us for support and connection by a group of amazing mothers. All mommas need support and here is where you'll find it!

**DATES: EVERY MONDAY**  
**TIME: 11:00 AM PST ON ZOOM**  
**COST: \$50 PER SESSION & COVERED UNDER SOME INSURANCE**

Facilitated by:  
Sorrenta Stuart MFT #47901  
Jennifer Villena AMFT# 110372

Register: [instituteofmindfultherapyinfo@gmail.com](mailto:instituteofmindfultherapyinfo@gmail.com)

925.526.5477