



MOMS' EMOTIONAL COPING SKILLS GROUP

Wednesdays 10am - 11:30am

12 week commitment required

\$50/group • \$120 initial consultation

This group will teach pregnant women and mothers of infants and young children coping skills to better manage their emotions and those of their children, tolerate day-to-day stressors and life events, and better navigate relationships. This skills group is especially helpful for women struggling with depression or anxiety symptoms and/or difficulty managing feelings of sadness, hopelessness, guilt, worry, fear, irritability, and anger. It will teach coping skills needed to manage the transition into parenthood and beyond, conflicts that arise in relationships, and how to negotiate the on-going practice of self-care as a mother.

This group will focus on 4 skill-building areas:

- **Mindfulness** skills to help stay in the present moment, relax and increase contentment.
- **Distress Tolerance** skills to help build patience, calm and confidence.
- **Emotion Regulation** skills to understand and have more control over intense feelings.
- **Interpersonal Communication** skills to become more effective in your relationships.

**For more information, please contact
Cameron McIntosh at: (404)421-4598 or
cmcintoshtherapy@gmail.com**



CAMERON MCINTOSH

Cameron completed a Master's degree in Social Work at The University of Georgia in 1999. Upon graduating, she worked at a private adoption agency where she completed home studies and provided post-placement supervision for adoptive couples. In her private practice, Cameron enjoys working with women and couples. Her areas of focus include anxiety, depression, maternal mental health, disordered eating, body image, self-esteem, relationship issues, coping skills and navigating the adjustment to parenthood.

Cameron has additional, advanced training in Maternal Mental Health/ Perinatal Mood and Anxiety Disorders and Dialectical Behavioral Therapy based coping skills. In addition, Cameron has completed level 1 Gottman Method for couple's therapy and is a Gottman Bringing Baby Home facilitator.



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