A psychoeducational and support group for stepmothers, the **Stepmother Support Group** provides an opportunity to gain support, discuss common concerns and better understand the typical challenges of recoupling and stepparenting.

The Stepmother Support Group utilizes the Smart Steps program from the National Stepfamily Resource Center and addresses the common challenges women face in recoupling and stepparenting. The group offers a compassionate and positive approach to improve stepfamily life and facilitate the development of respectful and caring relationships.

The group will address:

- Stepfamily myths
- Realistic expectations for adults and children
- Stages of stepfamily development
- Defining the stepmother role
- Developing empathy
- Stepmom-stepchild relationships

**Register today!**

Time and Date to be determined.
Location: The Family Institute, 618 Library Place, Evanston
Cost: $420 for 6 session

Space is limited. Advanced registration is required.

For more information or to register for the Stepmother Support Group, call Amy Wagner, PhD, at 847-733-4300, ext. 615 or email awagner@family-institute.org.

*The Family Institute at Northwestern University is committed to strengthening and healing families and individuals from all walks of life through clinical service, education and research.*

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