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MOTHERHOOD….

We know what it's *supposed* to be;
Now let's talk about what it's *really* like.

Westchester Community College, in conjunction with Sherri Muroff Kalt, founder of The Authentic Mom, is helping women do just that. Beginning January 23rd, 2008, WCC will introduce a new course called "Out in the Open: Discussing the Challenging Dynamics of Motherhood". Participants will examine the family issues, societal pressures and expectations that can make the experience of motherhood so stressful.

Ambivalence about motherhood, managing competing roles and needs, the impact of decisions with regard to work, and losing a sense of self are among the topics to be explored. Other key dynamics include societal pressure to raise "perfect" children, pressure to conform to prescribed parenting approaches, and women's disproportionate share of child rearing tasks and household management.

Utilizing a discussion group format, the class will meet at WCC in Valhalla every Wednesday evening from 7:00 to 8:30pm for 7 weeks. The fee for the course is $95.

The Spring semester course will be facilitated by Sherri Muroff Kalt, founder of the Authentic Mom, who leads support groups for mothers. These groups provide a safe environment for women to explore in depth the cultural pressures/dictates and problematic parent-child dynamics that can trigger uncomfortable feelings of self-doubt, inadequacy, anxiety and shame. The issues arising from these groups inspired the development of the new discussion-oriented course for WCC.

Sarah Fowler-Rogers, Director of Community Services at WCC, emphasized the importance of providing a "forum in which women can enter into a much-needed dialogue about the true feelings/experiences of motherhood that remain largely hidden in our society."

To register and obtain more information, call 914-606-6830 press 1 or visit out website at www.sunywcc.edu/ce

For more information about The Authentic Mom, visit www.theauthenticmom.com .

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Westchester Community College is sponsored by the County of Westchester; affiliated with the State University of New York