PINK & P.E.A.C.E.

PEACE LOVE AND THERAPY PRESENTS

Week	Date	Theme	Conversation Focus
1	Oct. 22	**Arriving as Her**	Who am I now? Making space for the woman behind the role of "Mom"
2	Oct. 29	**The Motherhood Nobody Prepared Me For**	Expectations vs. reality, identity shifts, and the parts of motherhood we don't always talk about
3	Nov. 5	**Running on Empty**	Rest, mental load, invisible labor, asking for help, and receiving support
4	Nov. 12	**More Than a Mom**	Identity, relationships, interests, womanhood, and reconnecting with yourself
5	Nov. 19	**The Village We Actually Need**	Friendship, partnership, community, boundaries, and finding your people
6	Nov. 26	**Thanksgiving Break**	🌿 No meeting — intentional pause
7	Dec. 3	**Giving Yourself Some Grace**	Mom guilt, comparison, perfectionism, and redefining "good enough"
8	Dec. 10	**Peace in the Middle of It All**	Reflection, connection, what we're carrying forward, and celebrating ourselves