

magazine







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Cover Photo by Carmen Dunham Photography; Cover model: Alyson Dinsmore

## Letter from the Editor: Feeling Like Myself Again

By Kirsten Pfleger



Kirsten Pfleger lives in the Castro with her husband. Karl, and their two daughters, Serenity and Sierra. They are currently waging a take back the sidewalk campaign with sidewalk chalk. Stop by and add a doodle.

have been thinking about this topic quite a bit this year. Four years into motherhood, I know that taking care of myself has not been high on my priority list. That first year, everything was changing so fast, I felt like I was barely staying afloat. Taking time away from keeping the three of us alive to do something just for me seemed either impossible or irresponsible. Just when I felt that I was confidently

keeping my head above water and starting to think of myself as more than just Mommy, I was pregnant again and back to feeling like just getting through the day was a Herculean achievement.

I love my husband, my children, and so many things about strives to support his wife as they enter the exciting my life, but I struggle much more than I expected to figure out what I actually need just for me. make some changes. I started with exercise. I used to

That baby is now 22 months old, and though life with a toddler and preschooler could never be described as easy, I am finding it easier to put my needs above their desires some of the time.

The next hurdle for me has been figuring out what I want. What does taking care of me look like? When I have a free hour or morning, what will really nourish my soul and help me look forward to the time I spend with my family? Stef's article on this topic really speaks to me, and particularly this sentiment: "It's time to decide what you want your every day to look like and make it happen for YOU." I love my husband, my children, and so many things about my life, but I struggle much more than I expected to figure out what I actually need just for me.

In this issue, we explore different ways moms can start to feel like themselves again. On page 20, Lynn introduces us to four women who figured out what their passions were and parlayed them into successful businesses. This month's expert, Rhea St. Julien, offers advice on page 8 on how to avoid feeling guilty about taking time for yourself. Sometimes it is not as easy as just deciding to make changes. A substantial number of new mothers experience anxiety or depression that require intervention. On page 24, Juli helps us to identify the signs that suggest treatment

> is warranted. And on page 10, see how one dad world of parenthood.

Over the past six months, I have been trying to get a lot of joy from my athletic endeavors, but found

them all too logistically challenging after kids. Now I have a bike on which I can carry both girls and a weekly date at the ODC for a dance class. It's not a lot, but it feels good.



## Housekeeping

Opinions expressed in this issue are those of the contributors. Acceptance of advertising does not constitute endorsement by GGMG of any products or services. The editors reserve the right to accept, edit, or reject any content submitted to the magazine.

ADVERTISING: Advertisements are accepted on a first-come, first-served basis. For submission information, email advertising@ggmg.org.

THIS ISSUE MADE POSSIBLE BY: Birthday parties, spring break travels, head wounds, podcasts, late-night "House Hunters" marathons, threenager tantrums, lots of cups of tea, Gianduja from Charles Chocolates, 104 degree fevers, Big Hero 6 on DVD, communal family colds, tax madness, spring

COMING NEXT: June—Get Reading; July/August—Water

**CONTEST:** Congratulations to Nicole Altman, winner of the NewboRN Solutions package.

Have an idea for an issue theme or article? Please email editor@ggmg.org.

## Letter from the Board: Supporting Mothers

By Sarah Soto

appy Mothers Day! It is time to celebrate us. In the spirit of Mothers Day, please consider helping moms in need by donating diapers, wipes, and funds through our Community Support Drives partners. See page 9 for more details.

Joining a playgroup is one of the first things new members often do, and these playgroups have evolved into more than just opportunities for our children to play. Toddler Playgroups is now being called Neighborhood Meetups, whose focus is to help you build a local community within GGMG. Join your local Neighborhood Meetups group to get the latest news on neighborhood events for all ages, from fun mommy-only events such as book clubs and wine nights, to other great family activities. Neighborhood Meetups will be working with Just For Moms, Kids Activities, and Social Events to plan activities. Find a meetup near you at www.bigtent.com/group/subgroup.

For new moms with babies under a year, Newborn Playgroups currently has weekly meetups in the Marina, Precita Park, and Pacific Heights. Find details on the main GGMG calendar and on subgroup calendars.

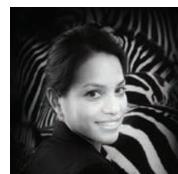
Moms looking to form a playgroup can join us on May 22 at 6 p.m. at Sports Basement in The Presidio for a playgroup formation event, or email the GGMG meetup contacts: neighborhoodmeetups@ggmg.org,

newbornsmeetup@ggmg.org, and playgroups@ggmg.org.

GGMG is a volunteer-based non-profit organization, and we are so proud of it! I get excited whenever a member contacts us to find out how she can help, and then rolls up her sleeves and gets involved. If you are interested in volunteering, please email volunteer@ggmq.org. We currently need volunteers to help

manage the hosting of meetups.

GGMG is also making strides in updating our partnerships, including the Members Discounts Program. Businesses with offers established by our previous discounts program received some dusting off and polishing up by the Partnerships Committee, and new businesses are being added. Members who want to see discounts from their



Sarah Soto works full-time for Williams-Sonoma's information technology department. She has been a GGMG volunteer since 2009. She lives with her sons, Isaac (6) and Gabriel (4), in San Francisco's Excelsior District.

favorite local businesses should encourage those business owners to get in touch with the Partnerships Committee at partnerships@ggmq.org. See page 35 for more details.

## Join your local Neighborhood Meetups group to get the latest news on neighborhood events for all ages;

Have you attended a GGMG event recently? Let us know what you thought about it by filling out a feedback form, www. surveymonkey.com/r/GGMGevent. Start with the GGMG Spring Event, and then come back again to give us your feedback on other events.

Cheers to all Mommies!



## Volunteer of the Month



Congratulations to **Wendy Lai**, our May volunteer of the month! Wendy began volunteering with GGMG in October 2013 and has been the Membership Committee's approvals team volunteer since then. She and her husband, John, have two children: Christopher and Danny, ages 3.5 years and 18 months.

#### **WE WANT TO KNOW:**

Something about you that might surprise people if they knew it: I won the National Spelling Bee in 1996. Winning word: vivisepulture (buried alive). First choice for new career or venture: To lead a high school for at-risk youth. What you most miss about your **hometown:** The people and beautiful beaches (Palm Beach Gardens, Florida)

Wendy will enjoy a 60-minute massage at International Orange Spa (2044 Fillmore St.). Book yourself a massage today at www.internationalorange.com.

There is an unparalleled abundance to explore in San Francisco and the surrounding Bay Area. How and where do we start? This section of the magazine aims to answer that question. Any tips? Do share at magcalendar@ggmg.org.

## Afternoon Tea in the City

By Shaheen Bilgrami

🧻 n Britain, Afternoon Tea is a popular way to catch up with friends and family, and to celebrate special occasions including Mother's Day. This British institution, classically including scones with cream and jam, sandwiches, pastries, and hot tea, has become popular on our side of Lthe pond. San Francisco has a number of tea services, ranging from casual to very formal. Those below profess to welcome babies and children, though less formal places with à la carte menus are probably a safer choice, as most little ones can't sit through a full-blown afternoon tea! Check in advance for specific requirements, such as high chairs and changing tables. Reservations are recommended.

## Crossroads Café

A child-friendly café and bookstore with an informal and inexpensive afternoon tea. Set afternoon tea price: \$13.50. Extensive à la carte menu available (not just for tea). Open Wednesday through Sunday,

7 a.m. to 10 p.m.

699 DELANCEY ST.

tinyurl.com/crossroadstea

## Garden Court at the Palace Hotel

The most luxurious and formal afternoon tea service in the city. Set afternoon tea price (Saturdays only): \$68. "Prince & Princess Tea" for ages 5 to 12: \$45. Small à la carte menu available every day except Saturday. Open Saturday only for Signature Tea Service, 2 p.m. to 5 p.m. Open Sunday to Friday for more informal à la carte tea, 2 p.m. to 5 p.m.

2 NEW MONTGOMERY ST.

www.sfpalace.com

## The Rotunda at Neiman Marcus

A formal tea served under the beautiful Neiman Marcus dome. Great for out-oftown guests. Set afternoon tea price: \$35 and up. General children's coloring book menu (no separate children's afternoon tea menu) and crayons available. À la carte menu available. Open Sunday to Thursday, 2:30 p.m. to 4 p.m., and Friday and Saturday, 2:30 p.m. to 5 p.m. 150 STOCKTON ST., LEVEL FOUR

tinyurl.com/neimansftea

## Crown and Crumpet's Tea Stop Cafe

Classical café in an unexpected location, with tasteful decor and delicious scones! Set afternoon tea price: \$28. "Nursery Tea" for ages 12 and under (and 65 and over!): \$15. A crown craft is also available for \$5. À la carte menu available. Open Monday to Sunday, 11 a.m. to 6 p.m. (last orders 5:15 p.m.).

**1746 POST ST.** 

www.crownandcrumpet.com

## The Laurel Court at the Fairmont Hotel

Substantial formal tea, served in the beautiful and historic Laurel Court. Set afternoon tea price: \$39. "Children's Tea" for ages 12 and under: \$28. No à la carte menu available. Open Wednesday through Sunday, 11 a.m. to 6 p.m. 950 MASON ST.

tinyurl.com/fairmonttea

## Secret Garden Tea House

Charming little tea house, just across the road from Golden Gate Park. Set afternoon tea price: \$14.95 and up. "Prince & Princess Tea" for ages 12 and under: \$17.95. À la carte menu available. Open Tuesday through Thursday, 11 a.m. to 6 p.m. Friday

12 p.m. to 6 p.m. Saturday and Sunday, tea service sittings at

11 a.m., 1:30 p.m. & 4 p.m. **721 LINCOLN WAY** 

janustak.wix.com/secretgardenteahouse

## Dartealing Lounge

A quaint little English-style tea room near Golden Gate Park. Set afternoon tea price: \$24 and up. "Dukes & Duchess Tea" for ages 10 and under: \$15. À la carte menu available. Open Wednesday through Sunday, 11 a.m. to 6 p.m. 470 THIRD ST.

www.dartealing.com/menu.html

## Lovejoys Tea Room

Popular and fun tea room with kitsch décor, mismatched china and divine scones! Set afternoon tea price: \$14.95 and up. "Wee Tea" for ages 10 and under: \$16.95. À la carte menu available. Open Wednesday through Sunday, 11 a.m. to 6 p.m.

1351 CHURCH ST.

www.lovejoystearoom.com

## Tal-Y-Tala Tea & Polo Shoppe

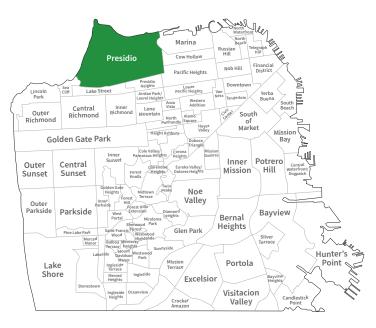
Eccentric and quirky tea "shoppe" with lovely scones and unique "Motorloaf" sandwiches. Set afternoon tea price: \$43.50 and up (serves 2-3 people). À la carte menu available. Open Monday to Saturday, 10 a.m. to 7 p.m. (last tea service

sitting is 5 p.m.).

6439 CALIFORNIA ST.

talytara.com/tea-room

Shaheen Bilgrami is a freelance writer and editor and a contributor to blog.littlelane.com. She is also the mom of an energetic preschooler. Contact her through her website, www.shaheenbilgrami.com, or her blog, www.girlinfogcity.com.



## Lil' Kid, Big City: The Presidio

By Stef Tousignant

id you know that the Presidio is almost double the size of Golden Gate Park? It's no wonder you probably haven't seen

Follow the signs to the Main Post, where you can park and decide if you're up for an adventure aboard the free **PresidiGo Shuttle** or would rather set off on foot.

If the scenic drive wins out, board the Crissy Field line, which will take you to the Golden Gate Bridge Pavilion, then on to an amazing view at the Crissy Field overlook. Wave hello to the Palace of Fine **Arts** and jump off at Gorgas stop. Your little movie buffs may stumble upon a life-size Yoda fountain in front of the Lucasfilm headquarters.

At the Main Post itself, a plethora of opportunities awaits. Visit the Presidio Trust Building's Design Lab to offer your input on the 10 acres of parkland to be freed up when the Doyle Drive construction wraps up. If hunger sets in, head to the **Officers' Club**—don't miss Andy Goldsworthy's Earth Wall—and if it's Sunday, choose among dozens of trucks and food stands at Off the Grid on the Main Post Lawn. Strength regained, it's time for bowling at **Presidio Bowling** Center. Older kids and adults may enjoy the Walt Disney Museum. ❖

Stef Tousignant is the founder of the popular family event The Great Baby Romp, and the nanny from AskaNanny.com. She lives in the Inner Richmond with her high school sweetheart and 3- and 6-year-old sons, who love to play air guitar and ask really tough questions. #askstef

## Mobile Businesses Bring the Spa and Salon to You

By Jessica Bernstein-Wax

ometimes you need a little pampering but just can't make it to a salon or spa. These in-home beauty and massage services bring the R&R right to your doorstep. Just make sure your partner or a sitter (or Caillou!) is available to entertain your kiddo while you unwind.

## Beauty Brigade www.beautybrigadesf.com A new service from GGMG moms Kim Burns and Lori Costabile lets you

enjoy a blowout, updo, or professional makeup application wherever you choose, including in your own home. "The idea is kind of like the Uber of hair," Burns says.

#### **Newborn Solutions** www.newborn-solutions.com

GGMG mom Wendi Karam's company NewboRN Solutions offers prenatal, postnatal, and traditional massages in the comfort of your home.

## **MyTime** myt.im/GGMGMobile

MyTime lets you book appointments online with a variety of businesses, even when brick-and-mortar locations are closed. The above link, courtesy of GGMG mom Gail Cornwall, lets you narrow your search to San Francisco health and beauty businesses offering mobile services.

## **StyleBee** www.stylebee.com

Download this app and a beauty pro will come to your door (or anywhere else you choose) to do your hair or makeup. Appointments are available daily from 7:30 a.m. to 10:30 p.m.

#### Vênsette www.vensette.com

Simply pick a hairdo or makeup style from the Vênsette menu and an artist will doll you up whenever and wherever you choose. Appointments take 45 minutes or less.

#### **Zeel** www.zeel.com

Order up a massage through this service and a licensed, screened therapist will arrive at your home, office, or hotel in as little as an hour. You can even select your preferred massage technique and the gender of your therapist.



Jessica Bernstein-Wax is a former newspaper reporter who works as a Web editor for UCSF Medical Center and UCSF Benioff Children's Hospital. She grew up in the Richmond District but defected across the park to the Sunset, where she lives with her husband and son.

## Ask the Expert Self-Care for Moms By Rhea St. Julien

Thile all moms know the importance of self care, it's the one mommy practice that often takes the back seat even when it shouldn't. Feelings of guilt and a distracted mind often interfere with self-care practices.

#### What do you think causes "Mommy Guilt?"

A huge part of mommy guilt is comparison and the high expectations placed on American mothers. We are expected to look like we're 22, act like we're 45, and do it all with the "no sweat" attitude of a 15-year-old. "NBD, I'm just a sexy, slim, completely connected mother of three who never cries at nanny share drop-off and is totally furthering my career so as not to rely on my partner too much!" Right?! The abolition of mommy guilt will happen when more women come forward with the real struggles and joys of modern motherhood, and begin to lean on each other without judgment. This is why mommy blogs that keep it real are so important, and why mothers' groups like GGMG are absolutely vital.

#### What are some ways moms can accept the present moment, and can this help alleviate quilt?

Accepting the present moment means letting go of perfection for what is. You may need to mourn the loss of the Instagramfiltered life you idealize in order to accept what you have. Committing to the life you have and really showing up for it fully will definitely relieve guilt, but it also means grief, which is why we avoid it for fantasy. But the inability to live up to the fantasy is what leads to guilt. The death of the possibilities of what life could be "if only" is an essential part of living guilt-free, in the life that's real. Breathing exercises, meditation, exercise, and journaling are all great ways to get yourself into the "now" of your life.

How can we let go of the "G" word that plagues most mothers? Guilt is a terrible motivator, since it is paired with its sister emotion, shame. So while you may think, "My guilt keeps me from flipping over this stroller and going to live on a deserted island with my Kindle," it is actually keeping you from moving forward in your life in healthy ways. If a book was written about your life, would you be the protagonist? Or the narrator?

Start telling your story, whether it be to your friends, your partner, or even your child. Put yourself in the picture, modeling for your child that living a full life is not antithetical to mothering. Another great way to alleviate guilt is to normalize it by realizing that you're not alone with these feelings of inadequacy. This can be done informally in playgroups, but



support groups are specially designed to deal with such big emotions and work through them. For example, I run a Working Mothers Support Group at Natural Resources on the first Saturday morning of every month that is open to anyone.

#### If you were to share one or two self-care tools for moms to incorporate into their daily lives, what might they be?

Provide structure so that you have time to do something you really love, on a regular basis. For me, that's reading fiction. So I instituted "Literacy Hour," in which I sit and read, guilt-free. I reframed it as something positive and necessary, and I enjoy it fully. Try this with whatever it is you really love, such as "Bath Night," "Gardening Sundays," or "Dance Party." Rhythm replaces strength, so do it regularly until it becomes a habit, and pretty soon you'll find that moments of grace and guilt-free living will seep into your daily life. �

Rhea St. Julien is a licensed Marriage and Family Therapist, parenting writer, and mother who lives and works in the Mission District of San Francisco. Her private psychotherapy practice focuses on helping stressed out parents navigate the struggles of raising children without losing their sense of self. www.rheastjulienpsychotherapy.com

The abolition of Mommy Guilt will happen when more women come forward with the real struggles and joys of modern motherhood, and begin to lean on each other without judgment.

## GGMG: Helping Others, Treating Yourself

## **Community Support**

## Diaper Drive to Benefit Homeless Prenatal Program & Help a Mother Out

Join us in a GGMG tradition! Many moms don't have access to the baby supplies they need for their little ones. During the month of May, GGMG will facilitate our annual diaper and wipes drive. We are working with the Homeless Prenatal Program (HPP) and Help a Mother Out to bring diapers to local families.

HPP (www.homelessprenatal.org) is a wonderful local organization that supports homeless and low-income families by providing many services, including providing baby supplies to their client families. Help a Mother Out (www.helpamotherout.org) distributes diapers to social service partners, including Early Head Start programs, First 5 family resource centers, homeless and foster children services, and others.

Please consider donating diapers, wipes, or funds to help this wonderful cause. There are several ways to support this drive:

Donate funds: www.helpamotherout.org/help/donate

Donate diapers and wipes:

- HPP Amazon Wishlist: www.tinyurl. com/HPPwishlist
- Drop off at the JCCSF at 3200 California St.
- Drop off with a GGMG volunteer. Please email drives@ggmg.org to coordinate or with any questions.



## Anthony's Clothing Program Preschool Clothing Drive

In April, GGMG partnered with the JCC to collect school supplies and gently used preschool clothing for St. Anthony's Back to School Program. Thank you to all who donated to make this drive successful! It's not too late to donate to St. Anthony's Clothing Program: www.stanthonysf.org/freeclothingprogram.

## Contest

## Plexus San Francisco: Feel Great, Look Great!

Win wellness products for your family!

One lucky winner will receive an in-person consultation with Marsha Bergen, Independent Ambassador with Plexus and a welcome pack of products, valued over \$400!

Marsha, a GGMG member, is committed to feeling better inside and out after suffering with various health issues. Plexus came into her life at the right time! Do you or someone you know struggle with fatigue/low energy, slow metabolism, blood sugar issues, anxiety, muscle tension, weight issues, sugar cravings, or chronic discomfort? If so, Plexus is for you!

Natural, GMO-Free Products for better health:

- · Children's chewable vitamins made with all-natural, plant-based ingredients, and capsules with aloe vera for better vitamin absorption.
- Plant-based on-the-go powder packets to stabilize blood sugars, provide natural energy, curb cravings, lower cholesterol, burn fat.
- Probiotic capsules with five probiotic strains, anti-fungal enzymes.
- Capsules for regulating intestinal health and oxygenating your body.
- Grass-fed whey protein powder cold processed with 20 vitamins in on-the-go packets.
- Body cream with spirulina algae and activated charcoal.
- · Breast check easy-to-use self-exam kit.
- · Natural discomfort relief cream and daily capsules and Nerve support capsules for nerve damage.

TO ENTER THE CONTEST, SEND AN EMAIL WITH THE SUBJECT LINE "PLEXUS WORLDWIDE" TO CONTEST@GGMG.ORG BY MAY 31.

# DADLANDS

## Right in Front of Mom

rior to my son's birth, I could often be found staring at a countertop littered with a host of items. Refusing to register the individual objects, I'd shout, "Stephanie, have you seen my phone?"

My wife would reply, "Did you look on the counter?" "Found it!" I'd holler.

There's also the many times per week I would ask my wife, "What are we doing on Saturday?" She would resist the urge to say, "Just read the damn calendar I set up for you," and instead remind me about x, y, and z commitment.

In other words, my wife is the one taking care of me. Sure, I work hard and make most of our money, but she does the bulk of the work around the house, as well as almost all the logistical and emotional maintenance of our family. This division of labor has always worked for us.

Since our baby's January arrival, however, things have changed. We realized quickly that our son added a lot more to her plate than to mine. The third night after we brought him home from the hospital, at about 3 a.m., I sat across from my wife's nursing glider. I was tired, she was frant-austed, frantically exhausted: topless, covered in tears, breast pump attached, bags under her eyes, chin quivering, near-wailing level protestations of guilt...the whole deal.

Earlier that day we had learned that although our son had been latching, he had not actually been getting enough milk. Our emergency lactation consultant told us to quickly move to pumping and syringe feeding.

That night, my frantausted wife sat there explaining to me, between sobs, how she was quite possibly the worst mother ever. She couldn't even fulfill her basic biological function: deliver milk

## I think this is the most important part of my new job as Dad: telling Mom that it's okay to be human.

to baby. He almost died. Because of her. He deserved better. Despite the opportunity to try and refute this line of thinking, I opted for a different approach. I asked her if she had any objections to me taking a picture so that we could remember this classic parenting moment. She looked at me like I was dense for a minute and then started laughing. "Okay," she said, "Maybe I'm not the absolute worst mom eyer."

Guess what? If you're up at 3 a.m. trying to pump milk just to spare your child from drinking a perfectly good kind of milk made from powder, you're not a bad mom. If you're paying so much attention to the wetness of your child's mouth that you identify

By Macy Michael Abbey

an issue before he even gets very upset, you're not a bad mom. We got help, and we were well on our way to correcting the problem. Parenting win.

A couple weeks passed, and we established a good routine. Then the warning signs I missed last time around began to appear.



Shorter patience. Slower reaction time. Irritability. There was no mystery why. She was up four times a night to pump, bottle feed, rock our son back to sleep, and then pump again. She was also personally caring for him every moment for 8 to 12 hours a day while I was working, rather than handing him off—or, as she would describe it, "abandoning him"—to one of three local sets of grandparents for a few hours.

Despite my supportive tasks of washing bottles, sweeping, and taking a 8 p.m. to 2 a.m. baby-care shift, my wife's darkening mood and decreasing capacity told me she needed more. In addition to my practical help, she needed a reality check. She needed help recognizing that she was trying to do too much. Lacking a lighthearted way of providing perspective this time around I went for the direct approach "Why don't you just nap while I take him to Grandma's" to "You can't be super mom; trying to be super mom actually turns you into lethargy mom." She shoots the messenger. But then she hands over the baby and sleeps. Or showers.

I think this is the most important part of my new job as Dad: telling Mom that it's okay to be human. It's okay to take a little time for yourself and have a glass of wine. It's okay to be frustrated with our child. It's actually a good thing to let those parenting books on the bedside table collect dust. The best thing I've been able to do so far is to naysay both her internal "you're not good enough" refrain and the hysterical, prescriptive voices on the Internet.

My wife recently relented, scheduling an hour a day of Grandma time. A few days into the new routine, she thanked me. For the first time since we met, I'm the one taking care of her. And I'm doing it with a tool from her box: helping her see what's right in front of her. ❖

Macy Michael Abbey runs CodeCaptain, a mobile and web application development company located on the Peninsula where he lives with his wife and son. He has always found writing code to be just one variation of creative writing.

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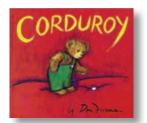
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By Laure Latham

s Winnie the Pooh said, it's more fun to be two! Friends are how children discover the world and themselves, how they discover feelings and new places, how they get to try new things, or become different. These books all feature wonderful friendship stories for children of all ages and are great bedtime reads.



#### Corduroy (Board Book)

Written and illustrated by Don Freeman

The classic story of a teddy bear who explores a department store at night in search of a missing button never gets old. He wants the button so that a little girl will buy him and become his friend. For little ones who love teddy bears, this sweet book is a fantastic read with few words and cute illustrations. It is also very

sturdy and will withstand tough love from the youngest fans. Ages: 0 to 3 years

## The Adventures of Beekle: The Unimaginary

**Friend** Written and illustrated by Dan Santat

Beekle was born on an island where imaginary friends wait under the stars to be chosen by a real child and escape to the real world. For Beekle, that turn never came so he set out to sail from his island to find his friend. Beautifully illustrated, this story shows that a little imagination goes a long way when it comes to friends.





The Storm Whale Written and illustrated by Benji Davies Every day in a house by the sea, a little boy called Noi watches his father go out to sea for fishing. After a big storm, Noi finds a small whale on the beach. With a pinch of magic, this great book shows how Noi rescues and befriends the whale, before returning it to sea with the help of his father. Little kids will love the timeless spirit of this book. Ages: 3 to 8 years



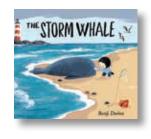
#### The Farmer and the

**Clown** Written and illustrated by Marla Frazee

In this wordless book, a solitary farmer on an empty plain sees a young clown fall off of a steam train. The farmer decides, reluctantly, to take him home. Slowly, the young clown and the old farmer get to know each other. They juggle eggs together, share farm chores, and become friends. Then one day, the steam train reappears on the horizon. Because the book has no words, kids will be able to tell you the story in their own words with gusto. A beautiful book for preschoolers.

Ages: 3 to 6 years

Because of Winn Dixie Written by Kate DiCamillo



#### The One And Only Ivan

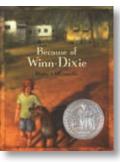
Written by Katherine Applegate, illustrated by Patricia Castelao
Inspired by true events, this book tells the story of Ivan, a captive gorilla who lives a sad life in a shopping mall with a stray dog and an old elephant. When a baby elephant snatched from the wild arrives, Ivan realizes all of the things he's been missing about his native jungle. A wonderful book in

his native jungle. A wonderful book in the tradition of *Charlotte's Web*, this will make your kids reconsider how they view animals. *Ages: 8 to 12 years* 



After befriending a big, ugly dog at a local grocery store,
10-year-old Opal finds unlikely friends in her new hometown of
Naomi, Florida. She builds confidence in herself thanks to the
dog's love and finds courage to ask
her father about her mother, who

her father about her mother, who left them. Turned into a movie, this book has earned numerous awards. Children will connect with the real life struggles of Winn Dixie, the ugly dog, who helps Opal, a lonely girl, find friends and find answers about her past. Ages: 9 to 12 years



Laure is the author of the mommy blog Frog Mom (www.frogmom.com), as well as the book Best Hikes with Kids: San Francisco Bay Area. She writes for several parenting websites and lives in London, where she peppers adventures with her husband and two daughters with compulsory cream tea stops. You can reach her at info@frogmom.com.



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## From Womb to World

## A Little Exercise Goes a Long Way

By Catherine Symon

hysical exercise helps to reduce stress, boost energy, control body weight, build strength, and improve health. It's just what every overextended parent needs. But how do you find 45 minutes or more to work out when all your "free" time is consumed with pureeing prunes and bouncing your ululating sweetheart to sleep? You don't. You find 10 minutes. Or 5. Or 1.

Researchers have found that micro workouts—vigorous bouts of exercise lasting 10 minutes or less—can improve fitness and even help manage chronic conditions such as diabetes and heart disease. In fact, short sessions of interval training, alternating between bursts of high and moderate intensity, increase aerobic fitness more effectively than long sessions of mild exercise. And while micro workouts alone won't prepare you for a marathon, they will make you more fit than if you spent those few minutes everyday wishing you had more time to exercise.

Small doses of exercise seem to have parent-specific benefits, too. On the days when I have crammed in 7 or 8 minutes of exercise, I am less likely to need a cupcake to get through the afternoon, and more able to handle my toddler's mounting emotional crises: "This shirt doesn't have sparkles on it!" "I NEED to pump the gas!" "Stop the wind!"

## Working Out Safely

**Pregnant mamas,** check with your doctor to determine what exercises are safe for you. Ask about the warning signs to stop exercising.

**Postpartum mamas,** the American Congress of Obstetricians and Gynecologists guidelines state that exercise can begin as soon as it is medically and physically safe. Make sure you are recovered and ready.

**All mamas,** find the level of intensity that's right for you. If your pelvic floor just isn't what it used to be, remember to pee before you start jumping or running.

Researchers have found that micro workouts—vigorous bouts of exercise lasting 10 minutes or less—can improve fitness and even help manage chronic conditions such as diabetes and heart disease.

Because micro workouts are so short, it's easy to incorporate a lot of variety and stave off boredom. Micro workout apps abound; possibly the most well-known is the "Scientific 7-Minute Workout" developed by The New York Times columnist Gretchen Reynolds. Do part of a streaming or DVD workout. Take advantage of the Bay Area's topography and climb some stairs or jog uphill. Invest in a jump rope. Make up your own workout: alternate between basic calisthenics like jumping jacks, running in place, mountain climbers, and lunges (look online for ideas and demonstrational videos). Or, just queue up a few songs and dance like a fool.

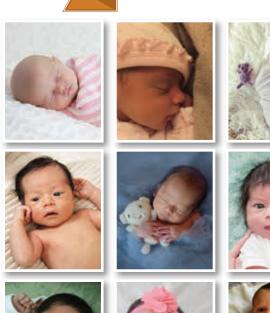
Bottom line: Move a lot for a few minutes; try to break a sweat; do it again tomorrow. Every minute counts. �

Catherine is a medical writer and former Olympic rower She works out in her Miraloma Park garage while her husband and almost-3-year-old daughter are asleep.





## **New Arrivals**



Baby Elizabeth Pearl Margaret R. **Baby Emma Rose** Andrea L Janette W. **Baby Julien Paul** Mariko F. **Baby Bernhard Amir Baby Dominic Minh** Mai-Anh T. Liz Thelen-Torres **Baby Mateo Genaro Baby Cesar Daniel** Tanya Reyes **Baby Madison Miae** Baby Brynn Daniela

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# Standing Up for You

By Stef Tousignant

Photographs by Natasha Babaian Photography

omen really are super humans. You can give, give, give forever and then take, take, take quite a lot. Sometimes you have to take off the cape, and remember that the majority of life exists in between: wiping down the counters, school pick-ups, cleat cleaning, grocery shopping, etc. To be truly satisfied and keep your super abilities alive and kicking, you have to recognize how you process all these little moments. If you are unhappy during these little moments, in the end you may not get what you actually want from your relationships or experience the contentment of a life well spent. It's time to decide what you want your everyday to look like and make it happen for YOU.

## You get = what you put in

Working on your relationship with your partner has benefits that far exceed working on any other self growth. Want to feel more productive at work? Work on your relationship at home. Want to be less stressed about your household budget? Work on your relationship. Want to be more content at the end of the day and grateful for what you have? Work on your relationship. When you are in a partnership, you are blessed with the benefit of a built-in support system. Don't overlook this.

Relationships are not about who is suffering the most. Each party has to give 100 percent because it's not a 50/50 split. As Gay Hendricks says in his book *The Big Leap*, "Relationships, healthy ones that is, exist only between equals. When both people are not taking 100 percent responsibility it's an entanglement not a relationship. There's only one way to transform an entanglement into a relationship, both people must drop projection and see that they are each 100 percent the creators of their reality."

Everyone has seen that meme with the triangle of Mom goals: Clean House, Sanity, Happy Kids: Choose Two. If you are like many of the moms I know, you choose to give in to the ebb and flow of balancing all three. The same goes for relationships. In our intimate relationships, a similar triangle exists, but it consists of Communication, Romance, Sex: Choose Two.

If you choose to find a balance within all three, however, then you don't have to choose two! As women, we need to shift our focus from what our partners are lacking to taking the time everyday to communicate clearly from a place of love, sneak in a romantic text, and get enough sleep so we aren't too tired to seal the deal. Then we get what we put in, and we can say, "I choose all three." If we decide to blame or not take full responsibility, then we get what we put in as well.

As Gay Hendricks says, most arguments and relationship misunderstandings can be broken down to this simple cause of "projection" and not the initial issue: "A vast amount of energy can be liberated in

relationships by dropping the habit of projection...Projection occurs when you attribute to others something that is true for you inside yourself...Projection is the source of power struggles that eat up energy and intimacy in relationships. Power struggles are a war between two people to see whose version of reality will win out. Much of the energy in troubled relationships is drained through power struggles about who's right and who's wrong and who's the biggest victim...With the energy saved from banishing power struggles much more can be cocreated than the partners could have created on their own."

#### Needs > nagging

Nagging stems from unmet needs, and in the end, it is no one's fault but our own. Maybe we aren't communicating our needs with others in mind, maybe we are too tired or stressed to care, or maybe we are asking too much from our partners and/or children. After all, I expect them to read my mind, don't you?

Typically, the first thing that needs to happen is to look inside to find out what is really important. Is it important to them? If not, how can I explain the issue in a way where they see that it still matters to me even if it doesn't to them?

For example, if you like to come home to a foyer devoid of shoes and tossed coats, but every day, when your kids get home, they throw down their stuff and run to play, this is an unshared priority which might pop you into the role of the nag RIGHT when you walk in the door.

A clean foyer matters to you for an overwhelming multitude of reasons that you don't feel like going into every day, from fire safety to your own need for sanity through some sort of order. So, what do you do?

First step, evaluate the issue. Is this something to focus on? Does the stress relating to this issue stem from something else? You want to tidy the foyer each evening but you just can't because you have to let the dog out, make dinner, do the laundry, and prepare lunches—all within the next hour. And you need to do it fast, so that when your kids are ready to snuggle and go to bed, you can focus on them. This list of tasks is overwhelming, and brings forth a feeling of

frustration that relates more to what you see as your husband's relatively calm routine when he arrives home after the kids have gone to bed.

Okay, so there may be bigger issues but what to do about the shoes!? Well, to get what you want, you need to go back to your built-in support system and check in with your partner. It may be a conversation that you don't want to have, but in the end it will be an important and clarifying one. The dam opens and relief flushes in. It all has to start with communication.

Marriage and family therapist Kasey Balin (Kaseybalin.com) reminds us, "Where you are right now is already not working. So challenging yourself to talk to your partner about it for the most part can only make it better. It may not get perfect, but it's already bad. So it's probably worth it to take the risk to at least try, even though that feels pretty vulnerable. Talk about the partnership versus the actual tasks, the tasks are the symptom, and for a mom that it is in the daily grind, they may really feel like the issue, but I think under that, is frequently feeling alone and unsupported. Partners can respond to that in more of a heartfelt way than I need you to take out the garbage when you said you would versus I feel like you don't respect me, and maybe you don't understand how important this is for me as a person when you don't do this."

So, have the conversation; you never know what may come of it. Remember, you give 100 percent to your family, and your partner does too. Try asking for his support and opinion, instead of being frustrated or upset: "I am so



conversation along once you tap into your partner's empathy and support for you.

## Motherhood ≠ martvrdom

We all have different needs and priorities as women, but one we all share as moms is the unwavering love of our children. We all want to play an active role in their lives, and provide that love unconditionally. There are some moms who enjoy the majority of what parenting entails, but nobody is perfect.

## Doing things that you enjoy, and doing things that you think make you a "perfect mom" are quite different.

stressed in the evenings, I feel like I can't be a great mom to the kids. Do you think I am doing too much? What can I do to make this better?" Remember, your partner loves you and would prefer it if you shared your concerns rather than live with resentment. If you feel like you need a little back-up, make a list of all the important and needed things you do on a daily basis to help the

Doing things that you enjoy, and doing things that you think make you a "perfect mom" are quite different. Setting a passionate example can build strong passionate kids, but as Kasey Balin puts it, when a mom does too much "there's a lack of boundaries that is shown to kids, a lack of value of family time and of what actually matters. The kids don't care if you are giving them frozen dinner, as long as it's

healthy; they would rather have the time to be together. You don't have to say 'yes' to everything; it doesn't mean you are a failure."

May is the perfect time to reflect and get your priorities straight. On Mother's Day, after a lovely morning of sleeping in, take a moment for you. Congratulate yourself on the "Super Mom" tasks you have enjoyed over the past year, and decide which tasks (or demands) were not worth the additional frustration and unnecessary stress. Then make the choice to deal with them by asking for help, or just saying 'forget it.' Skip the holiday decorating every once in a while, and say no to a few play dates. The result will be a happier, less distracted mom. Your kids (and partner!) will love that the most, because they think you are super, no matter what. �

Stef Tousignant is the founder of the popular family event, The Great Baby Romp, and the nanny from AskaNanny.com. She lives in the Inner Richmond with her high school sweetheart and two boys, (3 and 6) who love to play air guitar and explore Golden Gate Park! #askstefUgia sa plignime dolupta dereiciis serrum vid quissim nonsectur maximus aperionseque nonsedi tatem. Tem et lab idestot aspellessed ma

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# Doing it for Me

## Inspiring Women Who Turned Their Passions into Business

By Lynn Perkins

Photographs by Allison Busch Photography

t is easy to ignore that voice in the back of your head that reminds you of aspirations in addition to motherhood. You likely push the dream to the corner of your brain to be pondered in the rare moment you have to yourself. As busy parents, personal ambition 🔔 can seem unrealistic or unattainable, yet these four Bay Area women show us it's possible to turn a big idea or a passion into a real business, one step at a time.

#### **Dora Drimalas**

Creative Director & Co-Founder, Hybrid Design and Super7 Toy Co. Hybrid-Design.com, Super7store.com

For San Francisco resident Dora Drimalas, starting a business wasn't daunting. She was raised by creative, entrepreneurial parents and surrounded by "art, making, and tinkering." It felt natural to create her own business doing just that with her husband, Brian Flynn. "The kind of studio where we wanted to work didn't exist at the time designing and making as it were, across many mediums," says Drimalas, formerly a senior designer at Nike. So in 2001, they created a hybrid. Aptly named, Hybrid Design

is a full-service creative agency that develops branding, advertising, interactive, retail environments, and packaging for an impressive list of clients that includes Nike, Apple, and TED. They kept going, creating Super7 Toy Co., a magazine devoted to Japanese toy collecting that later morphed into the design and manufacture of original toys, books, magazines, and t-shirts. Super7



Toy Co. also has a retail store in San Francisco.

"Starting your own business is flexible, yet encompassing," says Drimalas of her full days managing business responsibilities, servicing clients and caring for her family of five, which includes daughters Ava (7), Kate (4 ½), and Vivian (3 1/2). One of the biggest hurdles to starting her own firm was keeping it small enough so that she could personally touch each project, creatively. She used to feel guilty about the time it required her to spend away from her kids, until she started thinking about it in a different way. "I think about the example that I set for my girls when life is in balance," she says. It also allows her girls to see entrepreneurism up close. "It teaches them to be fearless and resilient," she says.

Drimalas keeps a blurred line between her family life and business, partially because she works with her husband but also because she feels it's only natural to keep her kids involved. She was recently at a photo shoot with top athletes when she took a call from a local bounce house to work out the details of her daughter's birthday party.

"Both things are equally as important to get right," she says. "Those moments used to stress me out. Now there are so many parents doing exactly the same thing that I feel like I can actually talk about it in very human terms. You don't have to pretend like you are superhuman."

## Lynn Johnson

Co-Founder & CEO of Glitter & Razz Productions, LLC gogirlscamp.com

For Oakland resident Lynn Johnson, a self-described "drama geek" since age 5, entrepreneurship started with a series of "what ifs." What if I can help to empower girls? What if I can do it through theater? What if I can find a way to make a difference and make a living for my family, too?

In 2002, with little more than shared experience in theater and youth services, a passion for celebrating differences, and a desire to address what they saw as a compassion deficit in the world, Johnson and her life partner, Allison Kenny, created Glitter and Razz Productions, a theater company aimed at helping girls learn social and

## What if I can find a way to make a difference and make a living for my family, too?

emotional skills through the creation of their own plays. The company moved from San Francisco to the East Bay in 2007 and grew to become a community center of sorts, offering after-school programs and summer camps, and hosting birthday parties. "We were women artists who wanted to give kids empowerment, bring them a connection to each other, and increase their empathy and communication skills," says Johnson. "But, we also wanted to create something that would bring us financial security." Glitter and



Razz was popular, but not lucrative. Ready to close the doors, they instead shifted their focus to the most successful, most passioncentric part of their business: Go Girl! Camp, a two-week summer camp for girls age 6-14 years, inspired by Kenney's book, Starring Celia, a story of a 'tween struggling with social acceptance. It was the right move.

"We had a social mission and when we focused on the part we were most passionate about, our business grew," Johnson says. They've since expanded to seven locations throughout the Bay Area, and expect to teach

nearly 600 girls this

Johnson, who is in the process of adopting a six-year-old daughter

through foster care with Kenny, admits that the uncertainty of business ownership is especially stressful on a parent. She also says it's motivating and makes her bolder and braver. "The skills you develop when you build something help you in all of life," says Johnson. "They give you a sense of worth that is so empowering." She wishes that every woman could experience that same sense of accomplishment. "If you have an impulse for entrepreneurship, no matter how small it is, just go with it!"

## Anna Brockway Co-Founder & Chief Curator of Chairish chairish.com

Anna Brockway and her husband had three children and invited her teenage sister to come live with them all within the span of about four years. Each time the San Francisco residents added a member to their family, they needed more space, which meant a lot of moving. For a decorating junkie with the eye of an experienced curator, it also meant lot of redecorating. "I love shopping for vintage, iconic furniture, but I had to sell the great pieces I already had in order to buy new ones for new homes," says Brockway, a former vice president of worldwide marketing for Levi Strauss & Co. "And there was simply no easy way to do it."

Brockway's husband, Gregg Brockway, a serial entrepreneur and investor, convinced her to build a business that would provide a place for people to buy and sell vintage furniture. "I'm no slouch, but I'd been a stay-at-home mom for 10 years, and it was really hard to break that pattern of thinking and doing, that dynamic," she says. Her background was in fashion and marketing, not engineering or business, so starting an online business hardly seemed second



## You can't know what it's going to be like until you put it all in. Don't go half way.

nature. With a leap of faith and her husband's engineering skills and network, she built Chairish, a website where design aficionados like herself could buy and sell vintage furniture, decor, jewelry and accessories. "I feared my site was going to look like I built it in my dining room...because I did!" she says of the insecurity of getting off the ground. "I wanted it to be perfect, slick and pretty, polished like it would be if it was created by a big company, where I was used to working." She now knows that creating your own thing means letting people see the bad and the ugly before you get it right, though. "You have to get over learning and experiencing so publicly and just jump in," she says.

Her advice to other entrepreneurial moms: "You can't know what it's going to be like until you put it all in," she says. "Don't go half way. Be generous with yourself. If you can, hire even more help than you think you'll need. You will need it!"

## Angela Gifford

Pilates Instructor, Owner, Pilates Works, San Francisco sfpilatesworks.com

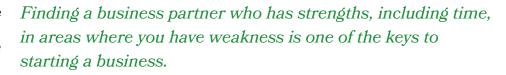
Born and raised in Marin County, Angela Gifford left the Bay Area to study dance at the University of Nevada, Las Vegas, and followed her dream to New York City to pursue a dance career. While dancing, she received classical Pilates training under Joseph Pilates' disciple Romana Kryzanowska. Hooked on the practice of Pilates, she clocked more than the 600 hours of apprenticeship work that are part of the rigid requirement for Pilates certification, and landed an instructor position at a prominent Manhattan studio. Later, she took her training to the West Coast, working as an instructor in Orange County, California, and soon after headed back home to the Bay Area where she taught at Golden Gate Pilates in San Francisco for several years. With skill and experience under her belt, her next step was breaking off on her own. She opened her own studio, Pilates Works, in 2007.

For Gifford, the hardest part of starting her own business was finding the time to do it. She was adjusting to parenthood as a first-time mom to 8-month-old daughter, Kate, when a friend and fellow instructor convinced her to open a studio together. "We both got to the point where we wanted to have our own

space," she says. "We wanted more control and to some extent, more responsibility."
Luckily, her dedicated clients were happy to follow her to a new studio, but setting up a business and handling the logistics that go along with it required time and effort that had to be squeezed in between teaching and family responsibilities. "My business partner knew my time was limited with having the extra responsibility of being a new mom, and she was able to put the time into finding the

the vulnerability you feel because you are unable to offer employees a 401K and other benefits that are especially attractive and important to parents.

Gifford is now a mom to two. Her kids, Kate (8) and Christopher (5), still ask their mom why she has to leave for work so early in the morning. "They do not understand why anyone would want to exercise at 7 a.m.," says Gifford. "I tell them I do not understand it either!"

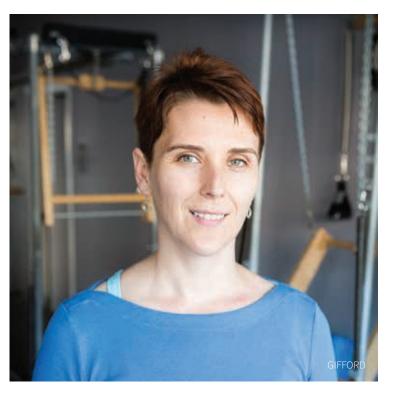


perfect space for us," says Gifford. Finding a business partner who has strengths, including time, in areas where you have weakness is one of the keys to starting a business, Gifford says.

Today, Pilates Works is a popular spot, known for its classical Pilates method, and well regarded for its private and semi-private sessions and mat classes. Gifford's partner has since moved to Portland, so Gifford now runs the studio on her own. She says the best part about owning her own business is being her own boss. She feels that the worst part is

These women are unique and inspiring, but not alone in their bravery, brilliance, and business savvy. According to research from an American Express OPEN Forum, women are starting an average of 1,200 businesses a day, up from 740 a day in 2013. It's a great time to be a female entrepreneur, so when inspiration for starting your own business venture strikes, embrace it! ❖

Lynn Perkins, Co-Founder and CEO of UrbanSitter, made the leap into business ownership as a mother of twins and worked to secure funding for her company while pregnant with her third child.





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## Postpartum Mood Concerns

When the Baby Blues turn Darker

By Juli Fraga

Photographs by Lindsay Lovier Photography

uring Phyllis's pregnancy, no one told her that postpartum depression (PPD) is the number one complication of pregnancy. Phyllis said, "I had heard about postpartum depression from my BabyCenter emails, but didn't know too much about it." She knew something was wrong by the time she was 3 weeks postpartum. She said she had been "crying for weeks and felt emotionally blue," but chalked these symptoms up to the baby blues. Three weeks postpartum she felt intensely overwhelmed, as if she were living in a dark tunnel. Phyllis felt hopeless and knew that she needed help. She reached out to her OB and received a referral for psychotherapy. With professional treatment and the support of family and friends, Phyllis fully recovered. Her experience with PPD highlighted the importance of self care during new motherhood and inspired her to create her own holistic health care

business for new moms, Well Woman. Today, Phyllis helps other new mothers balance their emotional wellness through nutrition and lifestyle coaching services, and she encourages all mothers to receive support so that they can begin a self-care practice.

Phyllis's story is not uncommon.

Approximately 17 percent of women suffer from postpartum depression. Yet, many of these women are never properly screened and diagnosed and, as a result, do not receive

the therapeutic support that they need. The postpartum period is a particularly sensitive time as biological changes, identity transformations, and lifestyle adjustments are all underway. Many women with mild to slightly moderate symptoms of postpartum depression may ignore their symptoms because they assume these symptoms are a "normal" response to the stress that accompanies new motherhood. Though 90 percent of women experience the baby blues after the birth of their babies, it is important to understand the difference between the more normal blues and a postpartum mood concern.

Women who are experiencing the baby blues often feel overwhelmed, sad, tearful, slightly anxious, and irritable. Though uncomfortable, the baby blues are a normal response to the hormonal fluctuations that occur immediately after giving birth. The blues typically last between 10 to 14 days. After this time, if symptoms are not improving or are becoming worse, a postpartum mood screening is recommended. Obstetricians, pediatricians, and perinatal psychotherapists, as well as some midwives, can screen for postpartum depression.

#### The facts about PPD

What causes postpartum depression? Does it go away on its own? What are the recommended treatments? These are all valid

questions when trying to understand PPD. Several variables are correlated with postpartum depression and can include hormonal fluctuations, life stressors, and in the baby, and sleeping and appetite changes. In rare instances, women may have thoughts about hurting themselves or the baby. If this occurs, it is very serious and

## Just as the belly stretches and grows to accompany the baby, so does the maternal mindset.

previous personal or family history of depression. Postpartum depression can occur anytime during the first year (the postpartum period) following the birth or adoption of a baby.

Though the term "postpartum depression' is often used to describe women who are feeling emotionally distressed during motherhood, it's important to know that there are several maternal mental health concerns that may arise during the postpartum period.

Postpartum Anxiety: Postpartum anxiety is also a common maternal mental health concern that may appear anytime during the first year following childbirth. Postpartum anxiety symptoms include extreme worries and fears about the baby, intrusive thoughts about the baby's safety, feelings of being overwhelmed, and in some instances, shortness of breath and feelings of panic.

**Postpartum Depression:** Women with PPD may experience feelings of sadness, hopelessness, irritability, guilt, lack of interest

requires immediate medical attention from a physician or psychiatrist. While scary, PPD is treatable and the sooner a woman receives treatment, the better her outcome.

Postpartum Psychosis: Postpartum psychosis is very rare; it occurs in 0.1 percent of births. However, it is very serious.

Symptoms generally emerge within one to two weeks after giving birth and include delusions, hallucinations, paranoia, and lack of contact with reality. Postpartum psychosis requires immediate medical attention, psychotropic medication, and often hospitalization.

#### Treatment

Generally speaking, psychotherapy with a perinatal psychotherapist, group support, and antidepressant or antianxiety medication are recommended for perinatal mood concerns. Several forms of psychotherapy are effective for treating PPD. The most common are Cognitive-Behavioral therapy and Interpersonal Process Therapy. Cognitive-Behavioral therapy teaches specific behavioral tools that can help manage symptoms of depression and anxiety. Interpersonal process therapy examines the client's interpersonal relationships and utilizes the therapeutic relationship as an avenue for processing relationship concerns and alleviating interpersonal distress. Many women respond well to a brief course of psychotherapy (8 to 10 sessions). The GGMG crisis resource page provides a list of PPD psychotherapists and psychiatrists in San Francisco.



"Can postpartum depression be prevented?"
"Is there anything I can do during pregnancy
to prevent PPD?" Women often ask these
questions and wonder how to prevent PPD.
During pregnancy, it can be difficult to see



beyond the birth of the baby. Motherhood is a huge identity change and women learn to mother largely from the ways they were mothered. Emotional nesting during pregnancy can provide some insight into how you are likely to approach new motherhood.

You can begin by asking yourself some simple questions, such as: "What is one thing



I wanted from my parents that I did not receive?" "How will this impact me as a mother?" "What is it like for me to feel out of control? "How might this affect me during motherhood?" By outlining your emotional map, you can become intimate with the range of feelings that accompany new parenthood. After all, just as the belly stretches and grows to accompany the baby, so does the maternal mindset. It's also helpful to set up a lot of support, such as friends and family members who can provide meals during the postpartum period, as well as those who can help with some household tasks such as laundry and grocery shopping. Also, be gentle with yourself. Becoming a mother is one of the most profound events women undergo and this identity shift is bound to stir up a range of emotions. Extend to yourself the same compassion you will extend to your new baby.

#### San Francisco resources

UCSF and CPMC hospitals in San Francisco have several resources for women suffering from postpartum mood concerns. At UCSF, the Pregnancy and Postpartum Mood Assessment Clinic provides mental health services for women having mood or anxiety concerns during and after pregnancy. UCSF also sponsors one of the only postpartum depression support groups in the city. The Afterglow is held at the Women's Health Resource Center at the Mission Bay campus. CPMC also has a perinatal health and wellness program. Here, patients are triaged via phone and connected to a variety of services, such as psychotherapy and group support.

One OB practice in San Francisco is bringing behavioral health services into the setting where women seek physiological care: their doctor's office. At Pacific Gynecology & Obstetrics Medical Group (PGOMG), patients can schedule in-house psychotherapy appointments with two perinatal psychologists. Dr. Meg Earls, a perinatal psychologist at PGOMG, says, "By integrating mental health services into medical practices, women receive timely access to care during new motherhood, one of the most transformative times in a woman's life. Timely access to care is hugely impactful when it comes to ensuring robust support and a full recovery from PPD."

DayOne Baby, Carmel Blue, and Natural Resources also provide new mom support groups, as well as new parenting resources.

## Complementary and alternative medicine

Though complementary and alternative medical treatments are not the first line of recommended therapies for postpartum mood concerns, they can be helpful. Acupuncture, yoga, and naturopathic remedies are all holistic treatments that may provide additional support for new mothers. Mama Lounge and the root & the branch acupuncture clinics both specialize in women's health concerns especially as they relate to pregnancy and the postpartum period. Yoga Tree and The Mindful Body both offer prenatal and postnatal yoga classes. At Discover Health, Dr. Thalia Farshchian provides hormonal testing and treats perinatal mood concerns with a variety of naturopathic remedies. �

Juli Fraga is a psychologist, writer and mom. Her essays about motherhood & parenting have appeared in The Washington Post, The New York Times, Motherlode, and The Huffington Post.

## Five Ways Partners Can Help

sychotherapist Dr. Will
Courtenay points out that
postpartum depression impacts
the entire family. Dads are often
confused and at a loss about how they
can help their wives and partners during
this vulnerable time. Here, Dr. Courtenay
shares five ways that partners can
provide support during the postpartum
period:

#### KNOW THE SYMPTOMS.

Familiarize yourself with the symptoms of postpartum depression. If her symptoms last for more than two weeks, she could be depressed, and you should schedule a postpartum mood screening with your physician or a psychotherapist.

#### TALK TO HER ABOUT IT.

Let her know that you're concerned about her and think she could be experiencing depression, but be gentle. Moms with postpartum depression often feel ashamed. Say to her, "You're not alone. One out of five moms becomes depressed after she gives birth." If it seems like she feels guilty or embarrassed, you can add, "And there's nothing to be ashamed of. It's not your fault."

## BE PATIENT AND REASSURE HER THAT SHE'LL GET BETTER.

Let her know that, although she may feel terrible and even hopeless, postpartum depression is very treatable and she doesn't need to continue to suffer.

#### HELP HER TO GET THE HELP SHE NEEDS.

And the sooner, the better—early treatment will minimize the impact on her and your family. Treatment can come in many forms.

The important thing is that she receives help.

#### MAKE SURE SHE GETS PLENTY OF SLEEP.

A lack of sleep can be one of the causes of postpartum depression. Do everything you can to help her get the sleep she needs. That might mean you being up with the baby at night, or during the day on the weekend so she can take a nap.

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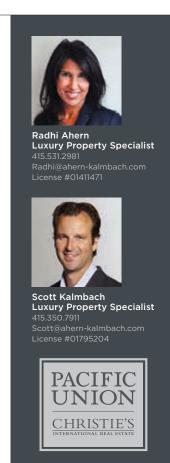


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## GGMG events

**About GGMG Events:** Events listed on these pages are either exclusive to GGMG members or are offered to GGMG members at a discount. Generally, registration is required and can be completed by following the REGISTRATION instructions listed under the event details or at www.qqmq.org/events.html (BigTent). Rules and policies vary. GGMG members and their families only.

GGMG volunteers may occasionally take photos during our events for use in this publication or on the GGMG/BigTent website. Please understand these photographs may include images of all attendees (including children).

Vendors who would like to partner with GGMG, please contact the appropriate committee. Email addresses are listed on page 3.



Indicates events appropriate for infants (0-12 months). Many also welcome toddlers and preschoolers (see registration rules for more details).

## KIDS ACTIVITIES

Unless otherwise noted, parent participation is required for all Kids Activities events.



## Mazel Tots, Bagels and Babies at Congregation Emanu-El

A weekly playdate to enjoy music, stories, and puppets as we prepare to welcome Shabbat on Fridays and celebrate Havdalah on Mondays.

> DATE: Mondays and Fridays in May

TIME: 9:30 to 11 a.m. PLACE: 2 Lake St. **COST:** Free

**REGISTRATION:** Drop In. All ages are welcome.



## Mom's Day Special "Pop-Up" **Portrait Studio**

Quick and easy Mother's Day gift: beautiful, professional portrait photos of you, your baby, or your family with professional photographer Michael Grassia. 15-minute sessions.

> DATE: Friday, May 1 TIME: 10 a.m. to 1 p.m.

PLACE: Carmel Blue, 1418 Grant Ave.

COST: \$85

REGISTRATION: Call 415-362-2583 to schedule an appointment



## Yoga, Baby + Massage at It's **Yoga Kids**

Enrich your baby development with songs, yoga, and infant massage

> DATE: Friday, May 1 TIME: 11 to 11:50 a.m. PLACE: 569 Ruger St.

COST: \$15 cash; \$18 credit card

**REGISTRATION:** Ages newborn to pre-crawlers. Introductory rate. Register by emailing info@itsyogakids.com.



#### Parent Tot Music & Movement at JAMaROO Kids

Parents and children will dance and sing to music from around the world and play with a variety of simple

DATE: Wednesday, May 4 TIME: 4 to 4:30 p.m. PLACE: 388 4th Ave. COST: \$10 drop-in

**REGISTRATION:** Ages infant to 3 years. Introductory rate. Register at Jamarookids.com or call 415-614-2001.

### Un Poquito Más Spanish at seesaw

Spanish story time, sing along, music and movement.

DATE: Tuesday,May 5 TIME: 10 to 11 a.m. PLACE: 600 Octavia St., Suite A

**COST:** Free

**REGISTRATION:** Ages 6 months to 3 years. Introductory rate. Register at seesawsf.com or email info@seesawsf.com

#### Messy Art

The worlds of art and play collide in Recess's Messy Art Studio. Open-ended activities allow for each child to revel in his curiosity and embrace his emerging creativity through exploration of a variety of materials, including crayons, paint, doughs, chalk, and glue.

> **DATE:** Tuesday, May 5 **TIME:** 11 a.m. to 1 p.m.;

class from 11 to 11:45 a.m., free play afterward

PLACE: 470 Carolina St.

**COST:** \$15 for one parent and child

**REGISTRATION:** Ages 14 to 24 months. Register by emailing info@recess-sf.com. Play space time included.



## Mommy and Baby Yoga

A unique and meaningful way to connect with your baby while reconnecting with your body. Baby massage and developmental play incorporated too! Newborns to pre-crawlers.



REGISTRATION: Register at www.carmelblue.com or call 415-362-2583.

#### Ichi Ni San Music at seesaw

Children will sing, dance, and play a variety of musical instruments. Taught in Japanese and English.

**DATE:** Thursday, May 7 TIME: 11 a.m. to noon PLACE: 600 Octavia St., Suite A

**REGISTRATION:** Ages 6 months to 3 years. Introductory rate. Register at www.seesawsf.com or email info@seesawsf.com.



## Introduction to Baby Sign Language Language

This workshop introduces basic baby signs based on American Sign Language (ASL) and is designed for parents with pre-verbal babies, birth to 24 months old.

> **DATE:** Friday, May 8 11 a.m. to 12:30 p.m. PLACE: Carmel Blue, 1418 Grant Ave. **COST:** \$35 for one parent. \$65 for two parents

> > (GGMG special rate)

**REGISTRATION:** Register at www.carmelblue.com or call 415-362-2583.



## Mom's Keepsake: Baby Hand/ **Foot Casting**

Non-toxic, baby-safe materials ready for use in a prepackaged kit. FREE casting class with purchase of materials kit

> Friday, May 8, 9:45 to 10:45 a.m. and Saturday, May 9, 1 to 2 p.m.

PLACE: Carmel Blue, 1418 Grant Ave. COST:

REGISTRATION: Register at www.carmelblue.com or call 415-362-2583.

#### **Kidshop: A Pinkalicious Afternoon** at Peekadoodle Kidsclub

After making and, most importantly, decorating their very own pink cupcakes, participants will fashion their own Pinkerbelle crown and wand, dress up in a few of our pink dresses and tutus, then act out this very pink talel

> DATE: Monday, May 11 4 to 4:45 p.m.

PLACE: 900 North Point St., Ste. F100

COST:

**REGISTRATION:** Ages 3 to 5 years. Drop-off class, no parent participation required. Call 415-440-7335 to reserve your spot. Space is limited.



#### **Playdate at Congregation Sherith Israel**

Enjoy playtime, singing, puppets, bubbles, parachute games, and parent discussion in our large, cozy

> DATE: Monday, May 11 TIME: 10:30 a.m. to noon PLACE: 2266 California St. COST: \$3

**REGISTRATION:** Ages newborn to 4 years.

## Infant Sensory Exploration

Interested in incorporating sensory play into your baby's schedule but don't know where to start? Stimulating a child's senses can help strengthen neural pathways crucial for cognitive growth, and strengthens motor and social-emotional skills while promoting problem solving and speech development. In this session, parents and caregivers will join their child in exploring sensory play through light, texture, sound, scent, and taste. Come ready to play, investigate, and get messy—we'll take care of the clean up!

> **DATE:** Tuesday, May 12 11 a.m. to 12:45 p.m.; class from noon to 12:45 p.m.,

free play beforehand PLACE: 470 Carolina St.

**COST:** \$15 for one parent and child

**REGISTRATION:** Ages 4 to 14 months. Register by emailing info@recess-sf.com. Play space time included.



COST:

#### **Baby Boot Camp at Noe Basketball Courts**

Try this innovative stroller fitness program to help regain or enhance pre-pregnancy fitness levels.

Wednesday, May 13 TIME: 10:30 to 11:30 a.m. **PLACE:** 24th and Douglass streets

Free

**REGISTRATION:** Participants must be at least 6 weeks postpartum. Register by emailing kathleen.laipply@ babybootcamp.com.

## **Baby Sleep Solutions at Carmel**

This in-depth workshop by sleep expert Angelique Millette will help parents understand how to establish good sleep habits and a healthy schedule for their babies and for themselves.

Saturday, May 16 DATE: TIME: 2 to 4 p.m PLACE: 1418 Grant Ave.

\$50 for one parent, \$70 for two REGISTRATION: Register at www.carmelblue.com or

415-362-2583



## Baby Boot Camp at Crissy Field

This innovative stroller fitness program helps moms regain or enhance pre-pregnancy fitness levels.

> **DATE:** Wednesday, May 20 TIME: 10:30 to 11:30 a.m.

PLACE: 99 Yacht Rd. (meet at the landing to the west of the parking lot)

**COST:** Free

**REGISTRATION:** Participants must be at least 6 weeks postpartum. Register by emailing kathleen.laipply@ babybootcamp.com

#### JAMaROO Dance & Creative **Movement at Pacific Heights Health Club**

Children will have an opportunity to express their individuality while developing cognitive and social

**DATE:** Thursday, May 21 TIME: 9:30 to 10 a.m PLACE: 2356 Pine St. **COST:** \$10

**REGISTRATION:** Ages 3 to 5 years. Introductory rate. Register at Jamarookids.com or call 415-614-2001.



## **Babies Music Class with SF Music Together**

Ouality, fun, research-based, award-winning Music Together classes. Jamming, dancing, singing, and community!

**DATE:** Monday, May 25

**TIME:** 3 p.m. PLACE: 1350 Waller St. **COST:** Free

**REGISTRATION:** Ages newborn to 9 months. Register either by going to www.sfmusictogether.com and clicking on the free trial link or email info@sfmusictogether.com with contact info.

## JAMaROO Parent Tot Music & **Movement with Haight Street**

Parents and children will dance and sing to music from around the world and play with a variety of simple instruments.

**DATE:** Wednesday, May 27 TIME: 11 a.m. to 12:30 p.m. PLACE: 1727 Haight St. COST: \$5 drop-in

**REGISTRATION:** Ages infant to 3 years. Introductory rate. Register at Jamarookids.com or call 415-614-2001.

## **Crowns, Cupcakes and More!**

Tutu School, one of our long-time partners, hosted a special free event for GGMG members on Sunday, March 27. Seven little dancers were transported to a magical land of "Crowns, Cupcakes and More." Participants aged 18 months to 3 years made crowns, participated in a mini dance class, and enjoyed a pink-themed fairy picnic. They also twirled away with a goody bag replete with their own tutu to take home. Tutu School offers free trial classes to members throughout the year. Visit the GGMG website for the dates of upcoming offerings.





## **ED SERIES**

## Get Ready for Preschool Applications

Irene Byrne, Director of Phoebe Hearst Preschool, will provide an overview and advice on navigating the preschool application process. Bring your questions!

DATE: Tuesday, May 19
TIME: 6:30 to 8 p.m.
PLACE: St. Mary's Cathedral,

1111 Gough St.

COST: FREE

REGISTRATION: Register on BigTent

## Get Prepared for Fall's Kindergarten Process with Little & Molligan

Betsy Little and Paula Molligan of Little & Molligan will provide an overview of the private kindergarten admissions process and discuss important considerations when choosing a school. Little and Molligan have extensive experience assisting parents with school selection and have authored two books on the topic.

DATE: Tuesday, May 19
TIME: 6:30 to 8 p.m.
PLACE: St. Mary's Cathedral,
1111 Gough St.

COST: FREE

**REGISTRATION:** Register on BigTent



## New Mother's Group at Carmel Blue

Come share the highs, lows, and stuff in between at this facilitated, casual social/support/information group. Topics include sleeping issues, travel with baby, developmental stages, communications with partner, and more.

DATE: Every Wednesday in May
TIME: 12:30 to 2 p.m.

PLACE: 1418 Grant Ave.
COST: FREE

**REGISTRATION:** www.carmelblue.com/event-registration/?ee=2958

#### Schools and Real Estate in San Francisco and Marin County at McGuire Real Estate

Jamie Comer and Liz McCarthy with McGuire Real Estate and Julie Shumate with Stearns Lending host a discussion about the best schools and communities and the costs of living. Parking is available at the Lombard Street Garage.

DATE: Monday, May 4
TIME: 6:30 to 8:30 p.m.
PLACE: 2001 Lombard St.
COST: FREE

REGISTRATION: Email shumate.julie@gmail.com

#### Positive Discipline for Preschoolers at Recess

Am I expecting too much or too little from my preschooler? Do time-outs work? How can I be kind and firm at the same time? What do I do when my child has a tantrum? Aki Raymer of Parenting Paths will answer these all-too-common questions and arm you with the tools you need to foster cooperation instead of chaos.

DATE: Tuesday, May 5
TIME: 7:30 to 9 p.m.
PLACE: 470 Carolina St.

T: \$38 individual / \$58 couple (save \$5 with promo code GGMG15)

**REGISTRATION:** www.recess-sf.com/workshops

#### "The Adoption Story" with Devon Rubin

In this class, participants will learn when share adoption information and will be given specific techniques to aid them in sharing stories that are often difficult or painful to recount. Hosted by Adopt a Special Kid in partnership with Lilliput Children's Services.

DATE: Wednesday, May 6
TIME: 6 to 8 p.m.

PLACE: 385 Mission St., Ste. 340
COST: FREE (includes dinner)

**REGISTRATION:** RSVP with name and date of workshop to 510.459.4069 or Ttorres@lilliput.org

## Pregnancy, You, and Your Yoni at Natural Resources

Liz Miracle, MSPT, WCS will lead an open format discussion on the pelvic floor muscles and their role in childbirth.

DATE: Friday, May 8
TIME: Noon to 12:45 p.m
PLACE: 1367 Valencia St.

REGISTRATION: www.tinyurl.com/Pregnancy-You-Yoni

## Postpartum, You, and Your Yoni at Natural Resources

Liz Miracle, MSPT, WCS will lead an open format discussion on the pelvic floor muscles, their role and function and recovery after birth.

DATE: Friday, May 8
TIME: 1 to 1:45 p.m.
PLACE: 1367 Valencia St.
COST: FRFF

REGISTRATION: www.tinyurl.com/Postpartum-You-Yoni

## Cooking for the Whole Family Made Easy...and Nutritious! at Recess

Join Nutritionist Lauren Rybicki and Marjan Esser from Fresh Baby Bites in an interactive class about making quick, delicious, and nutrient-dense meals for your family. Topics will include timesaving tips, meal planning, and healthy snack options, and feature a cooking demo, tasting, and delicious snacks to take home from Fresh Baby Bites.

DATE: Saturday, May 9
TIME: 10 to 11:30 a.m.
PLACE: 470 Carolina St.

**COST:** \$45

(save \$5 with promo code GGMG15)

**REGISTRATION:** www.recess-sf.com/workshops

#### LGBTQ Parents & Parents-to-Be Support Circle at Natural Resources

This group is offered for LGBTQ parents and parents-tobe who are awaiting adoption, the birth of their child(ren) through surrogacy, or who are pregnant.

DATE: Monday, May 11
TIME: 6 to 7 p.m.
PLACE: 1367 Valencia St.

**COST:** \$15, use code GGMGNR5 for additional 5 percent discount

**REGISTRATION:** tinyurl.com/LGBTQ-Parents-NR

## Baby Sleep Solutions at Natural Resources

This in-depth workshop by sleep expert, Lauren Scout, will help parents understand how to establish good sleep habits and a healthy schedule for their babies (0 - 12 months) and for themselves.

DATE: Tuesday, May 12, 6 to 8 p.m. Sunday, May 31, 11 a.m. to 1 p.m.

**PLACE:** 1367 Valencia St.

**COST:** \$70, use code GGMGNR5 for additional 5 percent discount

REGISTRATION: www.tinyurl.com/Baby-Sleep-NR

### Toddler Talk: From Tantrums to Triumphs with Early Childhood Matters at Pacific Primary School

Join Rebecca Walsh of Early Childhood Matters to gain positive parenting strategies for challenging toddler behaviors. This workshop will help you plant the seeds of emotional intelligence and set the stage for a cooperative preschooler, child, and even adolescent.

DATE: Tuesday, May 12
TIME: 7 to 8:30 p.m.
PLACE: 1501 Grove St.
COST: \$28 single/\$48 couple
REGISTRATION: www.tinyurl.com/toddlertalkECM

# The "Toddler Transition"—When your baby is no longer a baby at Carmel Blue

Join us to learn strategies and prepare for this developmental transition, and to understand what is going on in the toddler brain. This class will help you gain positive discipline strategies to respond in loving ways that encourage connection, communication, and cooperation. Parents only.

DATE: Tuesday, May 12
TIME: 7:30 to 9 p.m.
PLACE: 1418 Grant Ave.
COST: \$35

**REGISTRATION:** www.carmelblue.com/event-registration/?ee=3125

## Navigate San Francisco Real Estate Like a Pro—Buying & Selling in a Heated Market at Zephyr Real Estate

Vicki Valandra will discuss best practices in presenting offers, financing, selling your home, and other questions. This event is designed to help both buyers and sellers.

#### Jennifer Siebel Newsom's The Mask You Live In

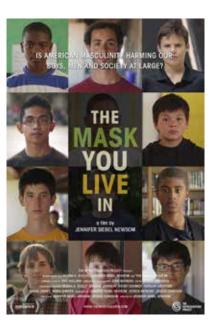
The documentary The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.

DATE: Wednesday, May 20 TIME: 7 to 9 p.m.

PLACE: St. Mary's Cathedral, 1111 Gough St.

COST: FREE

REGISTRATION: Register on BigTent



DATE: Wednesday, May 13
TIME: 6:30 to 8:30 p.m.

PLACE: 2282 Market St. (free parking)

COST: FREE

REGISTRATION: Email priya@zephyrsf.com

#### Making Nanny & Share Care Arrangements at Natural Resources

In this workshop you will learn the meaningful steps to hiring a nanny and creating share care arrangements that work. Checklists, forms and worksheets will be provided.

DATE: Thursday, May 14

TIME: 6 to 7:30 p.m.

PLACE: 1367 Valencia St.

COST: \$30, use code GGMGNR5 for additional 5 percent discount

REGISTRATION: www.tinyurl.com/Nanny-Sharecare

#### Baby Sign Playgroup Series: Playgroup Boom at Natural Resources

Our six-week playgroup is a fun opportunity for parents to build their signing vocabulary with themes like mealtime, animals, colors, family, bath time, and more.

DATE: Fridays, May 15 through June 26 (no class May 22)

TIME: 12:30 to 1:30 p.m.

PLACE: 1367 Valencia St.

**COST:** \$145, use code GGMGNR5 for additional 5 percent discount

**REGISTRATION:** Pre-registration required. www.tinyurl.com/Baby-Sign-Playgroup

## New Home Buyer Q&A Session at Zephyr West Portal Office

Have you thought about buying a home but not sure where to start? If so, this discussion may be for you. Topics will include neighborhoods, financing, closing costs, contingencies, inspections, and more.

DATE: Saturday, May 16
TIME: 10 a.m. to noon
PLACE: 215 West Portal Ave.
COST: FREE

REGISTRATION: Email yinghe@Zephyrsf.com

## Breastfeeding: The First Latch and Beyond at Recess

Join Caroline Kerhervé, local IBCLC and Postpartum Doula, as we discuss breastfeeding initiation. Caroline has a private practice and has been working with hundreds of families in the last five years.

DATE: Saturday, May 16
TIME: 3 to 5:30 p.m.
PLACE: 470 Carolina St.
COST: \$150/mom and partner

**REGISTRATION:** www.recess-sf.com/workshops

## GGMG events

## **ED SERIES**

## Toddler Sleep Class at Natural Resources

Join us for this toddler sleep class that will focus on the basics of making sleep changes for a toddler that takes one or no naps.

DATE: Saturday, May 16
TIME: 3 to 5 p.m.

**PLACE:** \$55, use code GGMGNR5 for

additional 5 percent discount

COST: FREE

**REGISTRATION:** www.tinyurl.com/Toddler-Sleep-Class

## Expectant Moms Meet: All About Sleep at Carmel Blue

Meet a great group of expectant moms. Our gettogethers are casual and a great place to find support, advice, and to meet other expectant moms from all over San Francisco.

DATE: Saturday, May 16
TIME: 4:15 to 5:30 p.m.
PLACE: 1418 Grant Ave.
COST: FRFF

**REGISTRATION:** www.carmelblue.com/event-registration/?ee=3212

### Dental Health Information Night For Parents of Infants and Toddlers

At this evening of oral health information, pediatric dentists will discuss good habits, teething, diet, and care of baby teeth.

DATE: Tuesday, May 19
TIME: 6:30 to 7:30 p.m
PLACE: 1 Parker Ave.
COST: FREE

**REGISTRATION:** Email carla@oneparkerdentistry.com Limited to 20 parents (please no toddlers due to space limitations, but infants in arms welcome).

## Helping Toddlers (and their Parents) Sleep at Recess

If your child isn't sleeping through the night, it's likely you aren't either. Sleep expert, Angelique Millette, will discuss some of the common trouble spots for 12 to 36 month olds.

DATE: Tuesday, May 19
TIME: 7:30 to 9 p.m.
PLACE: 470 Carolina St.

COST: \$38 individual / \$58 couple, save \$5 with promo code GGMG15

**REGISTRATION:** www.recess-sf.com/workshops

## Estate Planning at Natural Resources

This discussion will touch on the benefits of preparing an estate plan, dispel some of the common misconceptions regarding estate planning, explain the various documents in a typical estate plan, and review estate planning options available to new parents.

DATE: Thursday, May 28
TIME: 4:30 to 5:30 p.m.
PLACE: 1367 Valencia St.
COST: FREE

**REGISTRATION:** www.tinyurl.com/Estate-Planning-NR

## GGMG's Spring Member Mixer at Peekadoodle

Here is your chance to have a fun evening out with other moms while learning more about GGMG member benefits! GGMG volunteers will be on hand to answer questions about GGMG and facilitate introductions. Wine, mocktails, and some nibbles will be served. Vendor partners will be talking about their products and services too.

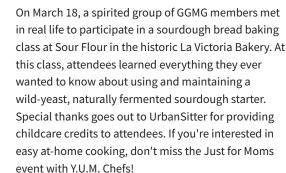
**DATE:** Tuesday, May 26 **TIME:** 7 to 9 p.m.

**PLACE:** 900 North Point St., Ste. F100

COST: FREI

**REGISRATION:** www.bigtent.com/group/calendar/event/91563528

## Sourdough Bread Baking Class



## JUST FOR MOMS

# Exclusive GGMG Cooking Class at Y.U.M. Chefs Teaching Kitchen at Katherine Michiels School

Having a hard time working veggies into meals the whole family will love? We are here to help! Learn how to make simple, delicious meals that don't take too much of your time with Chef Annie from Y.U.M. Chefs.

**DATE:** Wednesday, May 27 **TIME:** 7 to 9 p.m.

PLACE: 1335 Guerrero St.

COST:

\$15 (a 60 percent discount for GGMG members)

**REGISTRATION:** Register at www.yumchefssf.org/ ggmg-class-may-27. Space is limited and deadline is May 20.

#### **ENTREPRENEURSHIP**

## Career Networking Lunch and Entrepreneur Panel Discussion at Orrick Offices

Join us for lunch and a panel discussion on the topic of mom entrepreneurs. Discussion topics will include funding, scaling, and succeeding. Network with fellow thought leaders from the industry and hear firsthand from our panel about their experiences and lessons learned.

DATE: Wednesday, May 13
TIME: 12:30 to 2 p.m.
PLACE: 405 Howard St.
COST: FREE

**REGISTRATION:** Register at www.bit.ly/1GSeic4

## Best Strategies for Creating Your Online Presence

If you are needing to increase your online presence for your professional network or are looking to utilize Instagram and Pinterest to help build your business, then this workshop is for you! Join Robeen Frank, CEO and founder of Reboot Camp for Moms, to learn how social media can help you. Feel free to bring a lunch.

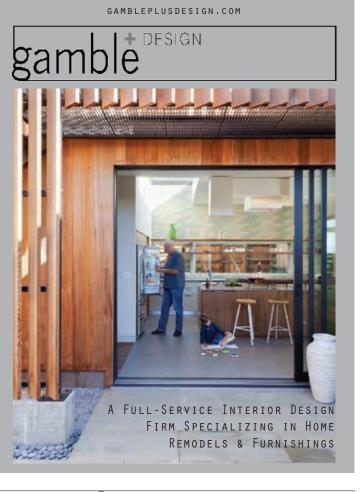
DATE: Thursday, June 4

TIME: Noon to 1 p.m.

PLACE: See BigTent for location details

OST: FREE

REGISTRATION: Register at www.bit.ly/1Gpe1N8



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## GGMG committee updates

## Committee Spotlight: Career & Entrepreneurship Committee

With Chairs Stacey Delo and Lauren Hirshfield Belden

#### Describe the personality of your committee.

We are a high-energy, slightly quirky, ever-multitasking group of women who share a deep belief that women shouldn't have to choose between being amazing mothers and having fulfilling careers.

## Why do you do what you do? What has been an unexpected benefit of being involved with the Career & Entrepreneurship Committee?

We believe that if it weren't for the time, encouragement, invaluable advice, and mentorship that we all received from others during our journeys, none of us would be where we are today in our own careers. Now it's time to give back and volunteer our time and expertise to mothers in our community. And, let's be honest, we enjoy and benefit from attending the events we create as much, if not more, than everyone else in the room.

#### What types of activities or projects do you undertake?

We're focused on offering monthly events and meet-ups (mainly lunch-time sessions) that offer mothers life advice, career resources, inspiration, and most importantly, opportunities to connect with other mothers who share many of the same frustrations and goals. The focus of our past gatherings has ranged from career and life coaching sessions to tech-life balance panels as well as celebrated guest author talks.

#### How do you know when you are making a difference?

We've been lucky to attract good attendance at each of our events across topics. Just seeing the faces of members at each event feels good!

#### Who are your current volunteers?

Lauren Hirshfield Belden Julie Houghton
Sejal Daswani Kim Nguyen-Ehrenreich

Stacey Delo Yuliya Patsay Marija Djordjevic Sheetal Walsh

Jennifer Franklin

#### What's next for the Career & Entrepreneurship team?

We have a number of fun events coming up: a VC panel on approaching the fundraising process in May, and a brown-bag lunch seminar for moms looking to increase their online and social media presence in June. Plus, more to come through the year!

## How can interested GGMG members get involved in Career & Entrepreneurship?

Come to one of our monthly events. Tell us what kind of career-focused events would be most useful to you at this point in your life, and we will try our best to help set them in motion.

## Social Media Updates

#### The hashtags are coming...

GGMG Social Media is expanding to Twitter and Instagram in May. Follow us @ggmgsf for local family news and GGMG announcements. Don't forget to tag us in your posts when you're having fun being a mom in SF!

#### **GGMG volunteers on LinkedIn**

If you are a current volunteer and you have a LinkedIn account, consider updating your profile with your volunteer experience. Connect with other moms and follow the GGMG page.

#### Do you like prizes?

Keep an eye on Facebook and Instagram, where we will be hosting more contests and giveaways in the coming months!

## Recruiting

## Your Neighborhood Needs You!

Do you love your neighborhood? Would you like to help make it even better? Join the GGMG Playgroups Committee by becoming a volunteer neighborhood ambassador! Neighborhood ambassadors help to plan recurring playdates and occasional mom-only events. Aside from all the benefits of being a GGMG volunteer, this is a great way to meet other families in your neighborhood and to contribute in a meaningful way to your community.

GGMG is currently seeking ambassadors for Haight, Marina, Noe/Castro, and SOMA, plus general volunteers for Marina, Noe Valley, NOPA/Alamo Square, Richmond, SOMA, and Mission/Castro neighborhoods. Please email *volunteer@ggmg.org* for more information!

## Partnerships

The Partnerships Committee manages GGMG's relationships with the merchants and organizations that provide our membership perks.

We are revamping our Members Discounts Program in response to feedback received from GGMG members and from merchants. GGMG members can find more information about currently available discounts at <a href="https://www.ggmg.org/discount.html">www.ggmg.org/discount.html</a>. If you are a business owner, information about the new programs and details on how to enroll are available at <a href="https://www.ggmg.org/partnerprograms.html">www.ggmg.org/partnerprograms.html</a>.

Most GGMG members will be familiar with our major partnerships program. This year, we are working to ensure that all GGMG members receive substantial, *ongoing* benefits from these partners. For example:

- Peekadoodle has added free play time every week, exclusively for GGMG members.
- JCC will now provide each GGMG member two free fitness passes per year.

Even if you have used a benefit from a major partner in the past, going forward, there will be ongoing benefits available to you, and this extends beyond Peekadoodle and JCC. For details and to redeem your exclusive GGMG membership perks, visit <a href="https://www.gqmg.org/partnerships.html">www.gqmg.org/partnerships.html</a>.

We are very excited about the opportunities in front of us. Outside organizations are excited to work with GGMG, and we look forward to working closely with them to secure exciting new perks for our members!

# Member Support Contest Nominate Your Forum Hero!

The GGMG forums are legendary (rightfully so!) and a wonderful resource for all moms. A great place to get information and advice, find a playgroup, pick up some baby gear, and secure childcare, most importantly the forums provide a wonderful community of support. Time and time again, GGMG moms provide kind words of support and camaraderie to other mamas in need. Member Support would like to recognize the importance of our online community and the super moms out there who go above and beyond on the forums.

During the month of May, Member Support would like to hear from you. Has someone gone above and beyond with a show of support? Is there someone who provides spot-on advice that you couldn't go without? Let us know who they are! Please email your nomination for forum hero to <code>communitysupport@ggmg.org</code>. At the end of the month, we will put all nominations in a random drawing to give away two \$25 gift cards to Whole Foods.

As always, please do not hesitate to contact our member support team at *member.support@ggmg.org* if you or someone you know is experiencing difficulty. We work confidentially and have many resources to call upon to provide support.

# Spring Social AT BAY AREA DISCOVERY MUSEUM

This is no ordinary day at the Bay Area Discovery Museum! You can look forward to all the Museum's regular exhibits plus bouncy houses, face painting, a nature walk, and other special activities for children up to age 11. Plus:

- We will be collecting diapers for the Homeless Prenatal Program.
- Coffee from Kicking Horse Coffee, juice from Purity
   Organic, and French pastries from Brioche Pasquier
   will be available.
- Enjoy a 10 percent discount at the Discovery Store during the event.

This social is open only to GGMG members and our guests. Keep an eye on Facebook and BigTent for more details.

Saturday, May 16
9 a.m. to noon
Fort Baker, 557 McReynolds Rd., Sausalito

# First step. First word. First swim to mommy. JCCSF Swim School.

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#### Dive in with an exclusive GGMG offer! Enjoy 50% off of the first three months.

#### Come in and get started today!

- To redeem Bring your GGMG membership card or cover of the current newsletter to the JCCSF Front Desk. Cover must bear the name and address of the GGMG member. Discount is valid only for new participants.
- To learn more Visit jccsf.org/swimschool or call 415.292.1268.

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## Self-Care for Mothers

n my work as a therapist specializing in mothering issues, I have learned that many of us moms do not recognize the warning signs of exhaustion and burnout, nor do we see their effects on the people we love. We think we must be "good" moms, and being "good" means being self-denying—not spending money on a babysitter, or doing everything on our to-do list—before ever thinking about fun for ourselves. This is well intended, but martyrdom hurts us and our families. Mothers are the foundations, and you cannot give from a resource that is out of energy; you must renew yourself.

In order to thrive and flourish as individuals and as families, we must include ourselves in the list of people who need nurturing and care. Finding a sustainable balance between everyone's needs is a huge part of the art of parenting.

Self-care is not the same as checking out or self-indulgence—drinking too much, blowing off responsibilities, overeating—although it may sometimes involve a little of this! Self-care is a personal journey and can only be arrived at through self-reflection and introspection. For example, if we tend to overeat to dull difficult feelings and cope with anxiety, it is likely that self-care for us should not be cookies and ice cream, but something else entirely, something special and perhaps new that refreshes us and gives us natural energy for our lives, a way to feel more alive.

How can I possibly find the time?

Sometimes when I start to talk about self-care to moms I see their eyes glaze over or encounter hostility. They're thinking, "Oh great, self care! Another %\*&\$ing thing I need to add to my to-do list. How am I supposed to do that?" As the mother of two boys, I have this reaction myself at times. When my husband tells me to take a break or take time for myself,

my inner reaction can be, "Oh great, now I can do the laundry in peace."

However, I have increasingly

taken a hard line with myself and my clients: self-care is not something to blow off. This care is at the very heart of your life, and it's how you feel every day.

How can you take responsibility for being awesome? Can you make things more fun, more silly, more open, and more alive for yourself? Although you cannot do it all alone—you have to enlist your friends—the most important element is your inner decision to see it as important to be happy.

Here are some things clients have told me about and some ideas to get you inspired. Remember, it can't be dutiful or martyred; it must be something that really makes you feel alive!

By Elizabeth Sullivan

As moms it can be very hard to think of these things because we are so practiced at putting our needs aside, so talk to a non-judgmental friend who is a good listener.

- Schedule an extra day into a work trip, to be alone in the hotel room and at the pool
- Start a weekly morning date to swim with a good friend
- Engage your brain with something new: poetry, sewing, rock climbing, stand-up comedy or improv, playing the drums, biking to work
- Join a community chorus
- Go to "sweat your prayers" or another kind of dancing
- Find a "restorative" local yoga class (that's code for calming and chill)
- Get a community garden plot for planting only cut flowers for yourself, no food, nothing "responsible"
- Go to a meditation night
- Buy or borrow a new book that takes you away from everyday life, and reading, instead of working during the commute

Another important way to think about self-care is to think of it as a set of principles or values that you decide on and refer yourself to, such as:

Pleasure, attention, prioritizing, being present, adjusting, slowing down, mindfulness, getting two times the support you

In order to thrive and flourish as individuals and as families, we must include ourselves in the list of people who need nurturing and care.

think you need, exploration, kindness, choosing, connecting with partner/kids/family/friends with full attention. Laughter, laughter, laughter!

However you bring more self-care into your everyday life, I wish you well! ❖

Elizabeth Sullivan is working towards a city of moms that are not exhausted, overwhelmed and irritable, but balanced, calm and feeling awake and alive. Find her at www.elizabethsullivanmft.com.



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#### statement of purpose:

nurture ourselves, our children, our partners and our community; create an environment of support, information sharing and connection; learn, teach, create, have fun and provide balance in our lives and in the lives of our growing families.

