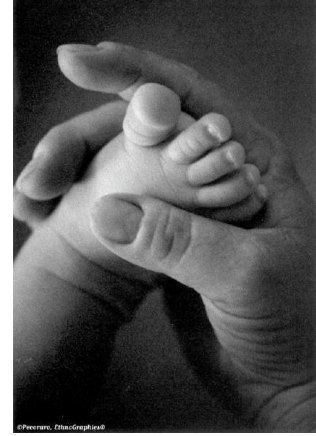


# The Baby Question

## *A Therapy Group for Women Facing Some of Life's Most Burning Issues*



“The Baby Question” is different for each woman:

- Do I want to have a baby?
- Do I want *another* child?
- My biological clock is ticking and there’s no potential daddy in view – what now?
- If I feel ambivalent about having a child, what does that mean?
- My partner wants a baby now, but I’m not ready – how do I cope?
- I didn’t have good role models for parenting – what if I don’t have what it takes?

### **What are *your* “Baby Questions?”**

In this safe and nurturing group, you will find a place where your unique issues can be explored. Each group meeting will have open time for sharing, and may also include various experiential exercises such as guided meditations, free-writing, or dyad exercises. Group members will also receive tools for self-exploration and empowerment that can be done outside the group.

This ongoing group meets for six-week cycles in Escondido on Wednesday evenings from 7:00-9:00. New group members may join during the first two weeks of each cycle. Participation in all six meetings is required to ensure the safety and integrity of the group. The series costs \$180 (\$30 per group).

**For information or to schedule a free intake interview call: (760) 294-9294**



Since 1988, Tori Janaya has been offering workshops that empower women and men to have more loving, peaceful, and joyous lives and relationships. She works with individuals, couples, and groups at The Center for Self-Discovery as a registered Marriage, Family Therapist Intern (IMF#52558) under the supervision of Tarra Stariell, MFT (Lic#37920). In addition to a Masters in Transpersonal Counseling Psychology, Tori has received training and worked with clients in the areas of dream work, sandtray, sacred and expressive arts, body-oriented awareness, end-of-life and grief counseling, and a variety of practices designed to quiet and center the mind, body, and emotions. To learn more, visit [www.ToriJanaya.com](http://www.ToriJanaya.com).

*“Tori brings a wealth of experience, wisdom and vulnerability to her work, living rather than teaching what it means to devote oneself to life and love. Her superb clarity, intuitive insights and warm presence offer the perfect blend of wisdom and heart. I wholeheartedly endorse her work.”*

– Jett Psaris, Ph.D., coauthor of *Undefended Love*