



FOR IMMEDIATE RELEASE
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Empowered Mothering Series at New Braunfels Public Library

New Braunfels, TX - New Braunfels Public Library is hosting Gillian Amaro, Licensed Professional Counselor and Supervisor, this June and July for a series on Empowered Mothering. This two-part series will take place beginning at 6:00 p.m. on Tuesday, June 5th and Tuesday, July 10th in the Library's large meeting room.

"Through this series you'll understand yourself better, acknowledge and reduce your stress, and increase healthy communication," said Toni Davenport, Adult Services Librarian. "June 5th will be about self-care. Goals for this class are to define self-care, assess your 'resting stress rate,' learn three simple ways to de-stress, plan for future support and to experience short, relaxing guided imagery."

"July 10th will be about healthy communication," Davenport noted. "Goals for this class are to assess your own feelings and needs authentically, experience setting a boundary, learn three basics of boundary setting, learn new ways to state your needs and to again experience short, relaxing guided imagery."

"Gillian approached me about hosting a free series for female care-givers to help them address the stresses in their lives and to communicate their needs to their families and friends," Davenport added. "We worked to create this two-part program to help women address these important issues before they become serious and potentially detrimental to their health."

This program is made possible by the Friends of the New Braunfels Public Library. It is open to the public and has no admission fee.

For more information about this event contact Ms. Davenport at 830.221.4300.

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