



presents

Overstimulated Moms' Group

A therapist-led space to slow down, reset and reconnect with yourself in a community of women.

This small, in-person group is for moms who feel overstimulated, touched out, and stretched thin. Together, we'll create space to better understand what's happening in your nervous system, process the emotional weight of motherhood, and reconnect with yourself, creating space for you.

Join us for this 6 week group
Only 8 spots!

Monday evenings from 6:00–7:30pm
10161 E Pickwick Ct, Traverse City, MI 49684
6 weeks starting May 11, 2026
5/11, 5/18, 6/1, 6/8, 6/15, 6/22

[Register Here](#)



or email facilitator Emily Kohler at
emily@chestnutservices.org
to get registered or for questions!