



**BUILDING  
SUPPORTIVE  
COMMUNITY**  
*Booklet*



Hello Mama!

Building Supportive Community for Moms is your guide to finding the connections, support, and friendship every mom deserves. From discovering the best places to connect to starting your own group, this booklet offers practical steps and inspiration to help you thrive in motherhood.

Motherhood's joys and challenges are easier to navigate with a supportive circle of those who truly understand. Inside, you'll find tools and tips to create meaningful connections, set boundaries, and feel less isolated.

Community isn't optional—it's essential for your well-being. Let's grow together.

XO,

The Branch Moms

P.S. Find more free booklets at [www.thebranchmoms.com](http://www.thebranchmoms.com)



This Branch Booklet was co-authored by Simply Real Motherhood.

# Thriving Together



Motherhood is magical, messy, and exhausting—and while we adore our kids, we often long for deeper connections with moms who truly get it. In a world of screens and busy schedules, it's easy to feel isolated, but the truth is, we weren't meant to do this alone.

This e-book is here to help you discover the power of community—finding the people who lift you up, make you laugh, and remind you that you're doing great, even on the tough days. Whether you're a new mom or a seasoned pro, it's never too late to find your tribe.



**Community isn't just a "nice to have"—  
it's essential to our well-being.**

We need spaces where we can show up as our true selves, share our worries, celebrate our wins (big and small!), and know we're not alone. This little guide is here to encourage you, to empower you, and to remind you that your needs matter too.

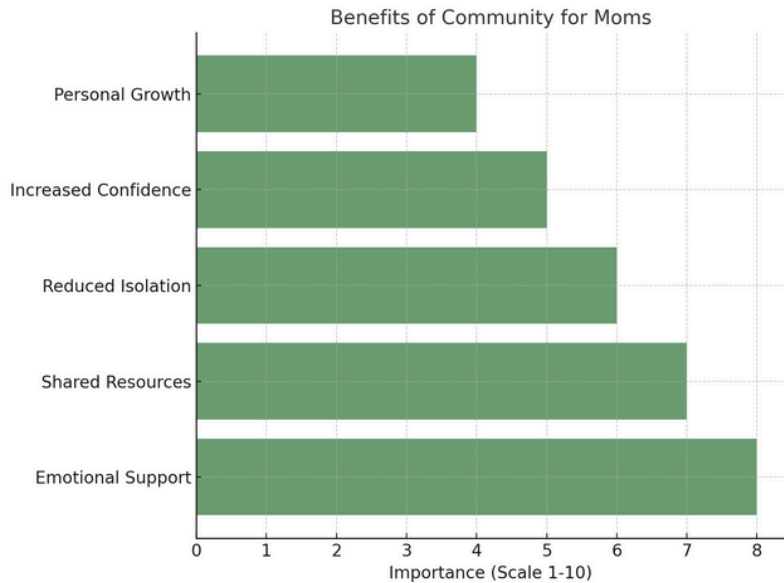
It isn't about perfection—it's about connections that ground and support us. Whether you're here to join a group, start one, or feel less alone, these pages are your nudge to take the next step. We're in this together, mama. Let's embrace the power of community.

# Benefits of Community



## **Shared Resources:** Let's

be honest, there's no single "manual" for raising kids, and sometimes the best advice comes from other moms who've been through it. In a community, you have access to a goldmine of knowledge—everything from tried-and-true sleep training methods to meal planning ideas and sanity-saving tips for balancing work and family life. Why struggle alone when you can learn from others' experiences?



**Emotional Support:** Some days, motherhood feels like one long emotional rollercoaster. One minute, you're celebrating a tiny milestone; the next, you're trying to hold it together through a tantrum. Being part of a community means you have a network of women ready to celebrate with you, laugh with you, or listen when you need to vent. That kind of emotional support is irreplaceable.

**Reduced Isolation:** Motherhood can be incredibly isolating, especially if you're a stay-at-home mom, new to a city, or navigating the early postpartum days. Those feelings of loneliness can creep in fast. But community provides a way to combat that isolation by giving you a space to connect and feel seen. When you're around others who truly understand, you'll feel less alone, even on the hardest days.

# Knowing What You Need



Before jumping into building or joining a community, take a moment to reflect on what you truly need. Understanding your unique experiences and desires will help you find a group that genuinely supports and uplifts you.

Ask yourself:

- **Are you seeking emotional support?** Maybe you're looking for a space where you can share both the highs and lows of motherhood without fear of judgment. A community that listens, offers encouragement, and helps you feel less alone can make all the difference on tough days.
- **Do you need practical help?** Sometimes what we crave is a good dose of mom-to-mom wisdom—everything from meal-planning tips to managing stress, or just a few hacks for creating a routine that actually works. A community that offers practical advice can be incredibly empowering.
- **Are you looking for a social outlet?** We all need adult conversation and friends who understand the realities of motherhood. Whether it's playdates, coffee meet-ups, or even virtual hangouts, having a social outlet can recharge you in a way that nothing else can.
- **Do you crave spiritual growth?** Motherhood often sparks a desire to explore our deeper purpose and connect on a more soulful level. If you're seeking a place to connect with like-minded women who share similar values and support your personal growth, a spiritually focused community might be what you need.

**Resource:** To dig deeper into the science behind social connection, check out Brené Brown's work on vulnerability and belonging. Her research offers powerful insights on how meaningful connection can enrich our lives, helping us show up as our best selves for both our families and ourselves.

# Try This Exercise



**Exercise:** Grab a notebook and jot down your reflections. Here are a few prompts to get you started:

1. What is the biggest challenge you're currently facing in motherhood?
2. How do you feel when you think about joining a community—excited, anxious, or maybe a bit unsure?
3. What would an ideal, supportive community feel like to you? What would it look like?

These insights will be your guide as you start connecting with others. By understanding your needs, you'll have an easier time finding or building a community that aligns with who you are and what you're seeking. Remember, this is about creating a support system that nurtures *you*, the whole person, not just the "mom" part of you.



# Where to Find Your People



Now that you've reflected on what you need, let's explore how to find a community that truly fits you. Whether you prefer in-person connections or online flexibility, there are plenty of ways to build your network:

## **Local Meetups**

In-person connections offer warmth and camaraderie. Look for mom groups hosting playdates, walks, or coffee chats through community centers, libraries, or apps like Meetup and Peanut. Many groups are eager to welcome new members!

## **Online Communities**

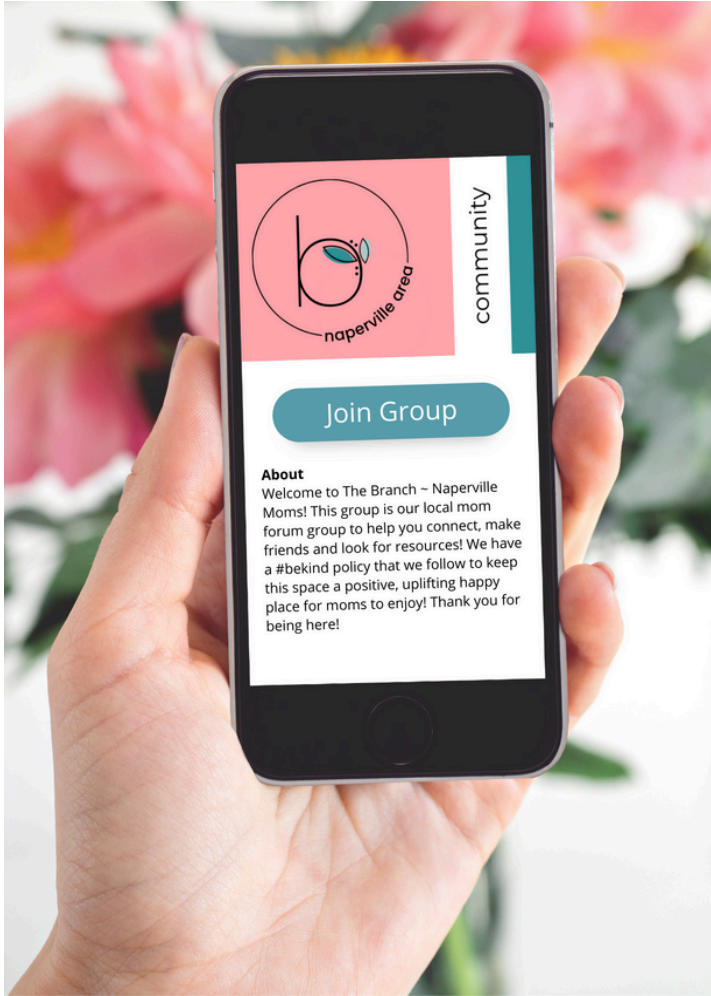
For busy schedules, online groups provide flexibility. Facebook and Instagram are great for finding mom groups tailored to your stage of motherhood or interests like wellness or mental health.

## **Specialized Groups**

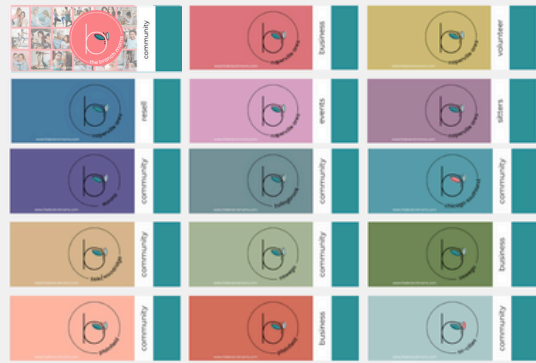
For specific needs, explore niche groups focused on topics like postpartum recovery, sleep training, or parenting kids with special needs. These offer targeted support from moms who understand.

Finding the right fit may take time, but your community is out there. Stay open, explore, and trust the process—motherhood is better together.

# Join Our Branch Moms Community



Check out  
The Branch Moms  
online  
communities and  
in-person events



## Previous Events





# If You Can't Find It, Create It



Sometimes the community you need doesn't exist yet—and that's okay! Many supportive mom groups start with one person's vision. By creating a new space, you're not only helping yourself but also other moms seeking the same connection.

## **Start Small**

Invite a few moms for coffee, a playdate, or a park meetup. Simple gatherings can grow into something special without feeling overwhelming.

## **Choose a Focus**

Decide what your group will center on—wellness, mental health, or just shared support—and let that purpose bring like-minded moms together.

## **Create a Routine**

Set a regular schedule, like weekly or monthly meetups, to keep engagement steady and build momentum.

## **Foster a Safe Space**

Encourage openness and respect, creating a judgment-free zone where moms feel comfortable sharing their joys and challenges.

Building community is about connection, not size. Start small, stay consistent, and trust that your effort will make a difference for everyone involved.

# Showing Up Authentically



Joining or creating a community means allowing yourself to be seen, which can feel intimidating. But vulnerability is the key to building genuine, supportive connections.

## Share Your Struggles

Letting others in on the messy parts of motherhood—sleepless nights, anxiety, or overwhelm—fosters real connection. Chances are, you're not alone.

## Listen Actively

Be present and empathetic when others share. A simple “I understand” or “You're not alone” can make a big impact.

## Give Yourself Grace

It's okay to feel nervous or imperfect. Vulnerability takes courage, and showing up as you are is enough.

## Celebrate Progress

Whether it's sharing for the first time or joining a new group, every step toward connection is worth celebrating.

By being real, you create a space for others to do the same—building the foundation for meaningful community.



# Nurturing Your Relationships While Keeping Boundaries

While being part of a community can be life-changing, it's also essential to protect your own well-being within that space. Supporting others is rewarding, but it's easy to lose sight of your own needs if you're constantly giving. Healthy boundaries ensure that you can fully enjoy the benefits of community without feeling overextended.

Here are some practical ways to nurture your relationships while maintaining the boundaries you need:

## Know Your Limits

It's natural to want to say "yes" to every thing, but we each have our own limits, and knowing yours is key to keeping your relationships sustainable. It's okay to say "no" or "not this time."

## Prioritize Your Energy

Not every connection will be deeply nourishing, and that's okay. Reflect on which relationships or activities feel most meaningful to you. It's far more fulfilling to have a few close, meaningful connections than to spread yourself too thin trying to maintain every single relationship.

## Give Yourself Permission to Take Breaks

Community doesn't have to be "all or nothing." If you find yourself feeling exhausted or overstimulated, give yourself permission to step back and recharge. The right community will understand that you need time for yourself, and stepping back from time to time actually makes it easier to return refreshed.



## Practice Self-Compassion

Setting boundaries can feel uncomfortable. Remind yourself that boundaries aren't about shutting people out—they're about creating the space you need to show up fully and authentically.

## Communicate Openly

Don't hesitate to communicate your boundaries. Whether it's about the frequency of meetups, what you feel comfortable sharing, or when you need time to recharge, open communication helps everyone understand and respect your needs.

Remember, healthy boundaries allow you to engage with community in a way that's both fulfilling and sustainable. By setting limits, you're making sure that your relationships are balanced and that you have the energy to truly enjoy and nurture them.

# Taking Care of Yourself First



Being part of a supportive community is empowering, but it's vital to care for yourself too. Self-compassion helps you give your best without burning out.

## **Be Kind to Yourself**

Motherhood isn't perfect—embrace your struggles with grace. Your challenges make you relatable and deepen connections.

## **Avoid Comparison**

Every journey is unique. Celebrate your wins and remember your path doesn't need to mirror anyone else's.

## **Recharge Regularly**

You can't pour from an empty cup. Take time to refuel with activities that restore your energy and well-being.

## **Model Self-Compassion**

By treating yourself kindly, you inspire others in your community to do the same, creating a ripple effect of support.

## **Prioritize Without Guilt**

Caring for yourself isn't selfish—it strengthens your ability to support others and show up fully.

**Resource:** For a deeper dive into self-compassion, check out Dr. Kristin Neff's work. She's a pioneer in the field, and her website, [Self-Compassion.org](https://www.self-compassion.org), offers valuable resources like guided meditations and exercises to help you cultivate a kinder, more compassionate relationship with yourself.

# Additional Resources to Help You Build & Thrive in Your Community

Here are some helpful resources to guide your journey in finding or creating a supportive community. These books, podcasts, and online groups offer insights, support, and practical advice for thriving as a mom.

## Books

### **“The Gifts of Imperfection” by Brené Brown**

Brené Brown explores the power of vulnerability, authenticity, and belonging in this book. It's a transformative read for any mom seeking to embrace her imperfections and build deeper connections within her community.

### **“Mothering the New Mother” by Sally Placksin**

For new moms navigating the postpartum phase, this book offers both practical advice and emotional support. It's a great resource for finding community-focused healing and care after childbirth.

### **“Untamed” by Glennon Doyle**

A powerful, raw, and honest exploration of reclaiming yourself as a woman and finding your tribe. Glennon Doyle's journey of self-discovery encourages moms to reconnect with their inner strength and cultivate authentic relationships.

## Podcasts

### **“The Longest Shortest Time”**

This podcast dives into the realities of motherhood, from birth to toddler tantrums. It focuses on real stories from moms, offering comfort, relatability, and wisdom for every stage of motherhood.

### **“Motherhood Sessions”**

Hosted by a psychiatrist, this podcast delves into the emotional complexities of motherhood. It provides valuable insights on mental health challenges like postpartum depression, anxiety, and identity shifts that moms often face.

### **“Mindful Mama Podcast”**

This podcast is perfect for moms looking to integrate mindfulness practices into their daily lives. It offers tools to help manage stress, create balance, and cultivate emotional resilience, all while connecting with other like-minded moms.



## **We're Stronger Together**

Motherhood is one of the most transformative journeys you'll ever embark on, but it's not a journey meant to be walked alone. Building and being part of a supportive community helps us not just survive—but truly thrive—during this season of life.

Whether you're connecting with moms locally, joining online groups, sharing your struggles and joys, or simply showing up authentically, the power of community is undeniable. We are stronger together, and it's through these connections that we find strength, understanding, and the courage to keep going—no matter what the day may bring.

Your story, your journey, and your community matter. Keep showing up, and know that you're never alone.

 **The Branch Moms**

### **About the Co-Author of this Branch Booklet**

Vickie Victorenko is a mental health therapist and wellness coach passionate about supporting moms through every stage of their journey. With expertise in psychology, gerontology, and organizational behavior, along with over a decade of experience in HR, applied behavior analysis, and private practice, she brings a holistic approach to her work. Inspired by the connection between mental and physical health, Vickie founded Simply Real Motherhood to empower moms and build a supportive community during this transformative time.



**Vickie Victorenko**

[www.simplyrealmotherhood.com](http://www.simplyrealmotherhood.com)

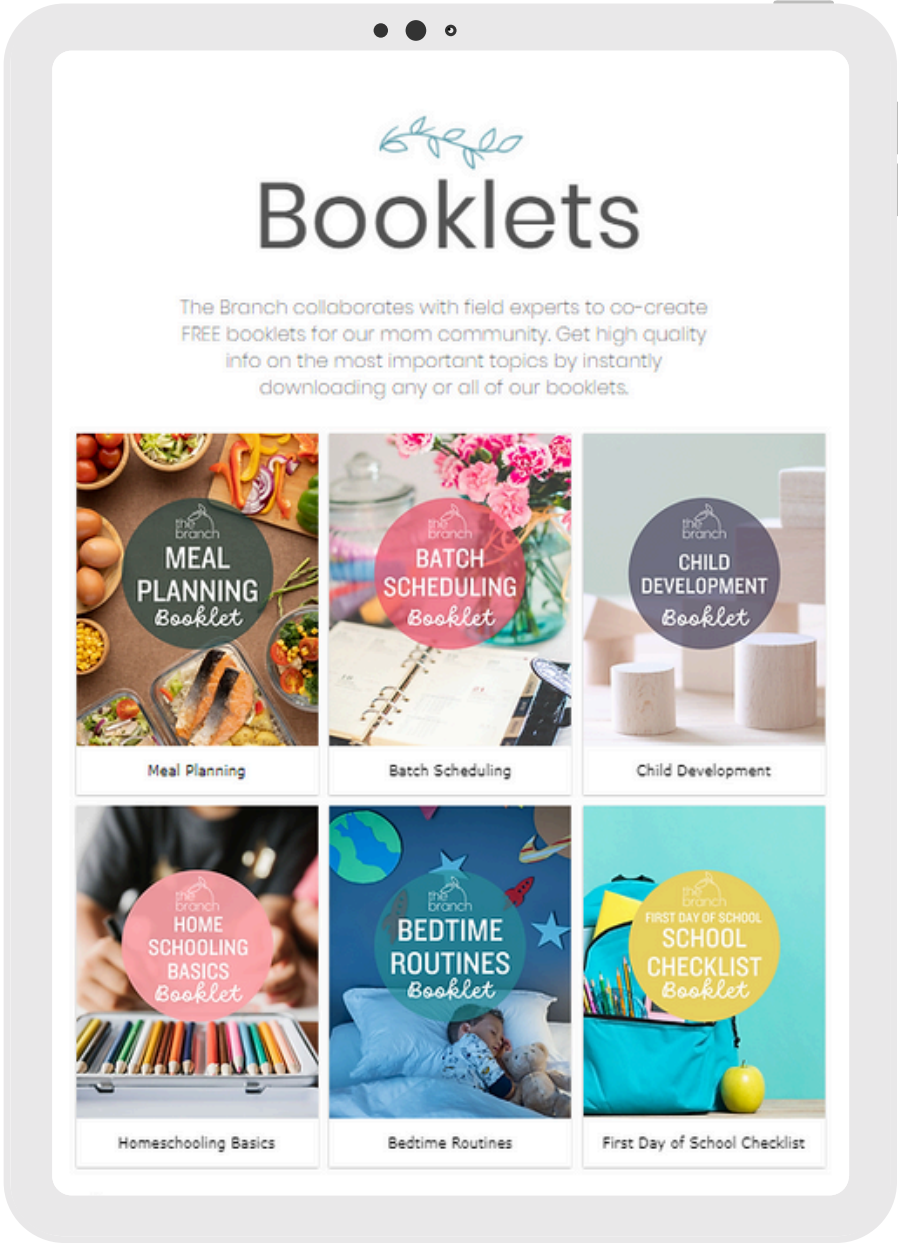
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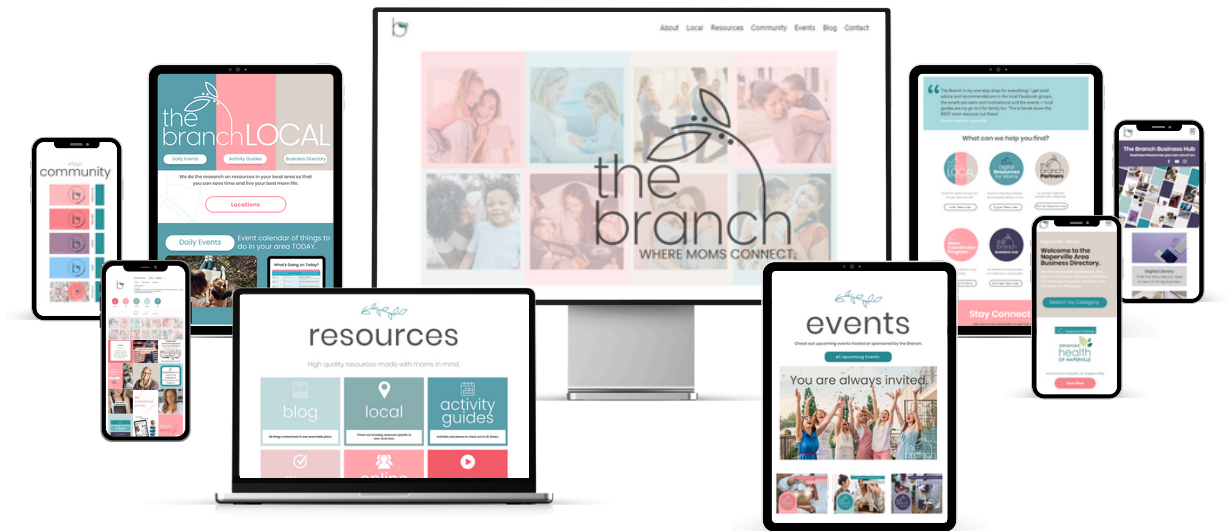
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