



MOTHER WELLNESS GROUP

A 4 WEEK SELF-CARE GROUP FOR MOTHERS

MONDAYS BEGINNING MAY 29TH-JUNE 19TH

10:30AM-12:30PM

STADT CAFÉ 3011 DUNDAS ST W, TORONTO

COST: \$120 /4 WEEKS (INCLUDING ART SUPPLIES AND LIGHT REFRESHMENTS)

Join us to build connection and relationships with other mothers and their babies (0-12 months) as we discuss and explore ways to care for ourselves through this transition in our lives.

The group offers a supportive space to share and focus on nurturing wellness in caring for ourselves and our bodies.

Over the course of our time together, participants will share in one another's experiences through directed dialogue centered upon: addressing and shifting expectations, our experiences of birth and our birth stories, the daily rhythm of our new nest lives, our relationship to our postpartum bodies and caring for ourselves.

The group also incorporates the use of journaling, as well as, meditative and expressive art prompts to guide our process.

Space is limited so please contact us early!

To REGISTER or for more information please contact: info@vaniasukola.ca
or visit www.vaniasukola.ca