

MOTHER WELLNESS CARE GROUP

Join us for this 6 week group for new mothers



mother wellness care

Join us and other new mothers as we discuss ways we can take care of ourselves. Chat with other moms and learn more about how to take care of yourself, as you start this new stage of your life!

This group is for mothers and their babies who are from 0 - 12 months old.

Be a part of this supportive group that will nurture new wellness supports for you as a new mother. We will also use journals, clay, and other art prompts to guide us.

Mother Wellness Care is facilitated by two therapists who have experience in supporting women through this transition to motherhood. Please contact us to register and learn more about this group.

connecting mothers to care

Group topics include:

Our Birth Stories Wellness Care for You
New Nest Life Daily Rhythms

Addressing our Expectations
Caring for your postpartum bodies

When: Tuesdays, November 1- December 6

Where: 2928 Dundas St West, Toronto

Time: 12:30 - 2:30pm

Price: \$120

Space is limited so call to register soon!

For more info, please go to:

<http://motherwellnesscare.ca>