

Nourishing

Families

workshop series

Support for pregnancy, birth and early parenting...
hosted by *Nourishing Transitions*.

Beginning: Tuesday February 11, 2020.

Free information evening: Sunday February 2 @2pm.

Venue: GHSS, 222 Scotsdale rd, Denmark.

Day/time Tuesdays 9-11am weekly

Pricing \$15 for 1 session/ \$60 for 5/ \$100 for 10



New topic each week:

- Acupressure for pregnancy & birth
 - Sharing birth stories & weaving baskets
 - Becoming a Mother
 - Becoming a Father
 - Couples: Becoming a family
 - The Fourth Trimester
 - Natural Rhythms of labour
 - Birth Plans: discovering & expressing your values
 - Grief in the family
 - Parenting Solo
 - The pressure-cooker of the nuclear family
 - Holding centre in chaos: fully inhabiting our life with dishes, laundry and poo...
 - The Masks of Motherhood
 - Meditations for Mamas with Bellies and babies
 - A range of topics, all real and raw.
- Weekly schedule to be published each term

The whole family is welcome...

holding parents = holding children

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