

# THREE SMALL GROUP WORKSHOPS FOR MOTHERS-TO-BE

## 1 MAKING THE TRANSITION

Discuss roles and expectations, practice mindfulness for self confidence and calm.

## 2 SELF CARE

Look at the physical, mental and emotional changes post-childbirth.

## 3 US + ONE

For you and your partner to understand and care for each other as new parents.

### WHAT

3 CONSECUTIVE 2HR. WORKSHOPS.

### WHERE

GEORGE ST. SYDNEY CBD.

### WHEN

30TH SEPT. 2010, 5.30 - 7.30PM.

### COST

\$180 FOR THREE [MEDICARE REBATES]

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# MOTHERHOOD

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BE A MOTHER WITH CONFIDENCE, AWARENESS AND ACCEPTANCE

