



THE
ASSOCIATION
for Wholistic
Maternal
& Newborn Health
happy moms, healthy babies.



PREGNANT OR A NEW MOM?

Motherwit Circle: A Mother's Support Group

MOTHERWIT:

The knowledge and skill required for the care of babies and young children; example: courses in Mothercraft for prospective mothers.

**MEETS 4TH FRIDAY OF EACH MONTH
12-2 PM | \$20 | FREE FOR MEDICAL
INSURANCE BILLING AVAILABLE**

JOIN US FOR OUR KICK-OFF EVENT:

Motherwit Circle: Tales of the Womb

**FRIDAY, OCTOBER 25, 2019
12:00 PM TO 3:00 PM | \$10
FREE FOR MEDICAL**

**RSVP TO
626.388.2191**

This group is intended for expectant and new mothers which incorporates mindfulness, yoga, art therapy, social support and discussion. co-facilitated by a Licensed Clinical Social Worker and Yoga instructor, Nakeya Fields, LCSW and a Perinatal Health Educator, Cordelia Hanna, MPH, ICCE, This group will focus on intellectual preparation and emotional well-being of women during pregnancy and new Motherhood.

