

# MOTHERS CIRCLE

**\*\*Mothers Circle\*\*** Wellness group for new and expecting mamas!\*\*

Fridays at 10am @386 Cambria Street, Unit 101 in Stratford.



**Nested Birth & Essentials** is excited to be offering a weekly drop-in group tailored to new and expecting moms who are interested in connecting with other parents in a supportive, welcoming and confidential space. Weekly drop-ins offer an opportunity to bond with other parents, provide empowerment both physically and mentally as well as benefit your babies with lots of interaction, touch and love!

Each week we will focus on a new topic, provide essential resources, practical tools to help you gently transition into motherhood.

Come connect with other mamas + Babies 0-1 year every Friday@10am at 386 Cambria Street, Unit 101 in Stratford. Cost is free, please email to register

What to bring: BYOB- bring your own baby! blanket (to lay baby on) and any comfort items you need for you and your babe. Please note this is a drop-in group open to ALL new and expecting moms, we offer a space of wellness and support as you journey into Motherhood. Please contact [info@nestedbirth.com](mailto:info@nestedbirth.com) to register

