



# SELF-CARE

an essential skill for young families



# SHIFTING MOTHERHOOD PROGRAM

# Dear Mama,

**Self-care is an essential skill after childbirth.** The Shifting Motherhood program is a very special program to empower you with the tools to nourish yourself and practice self-care as you grow your family. Over the 6 weeks, you will explore a variety of practices to build your own self-care toolkit. This is a safe space to connect, babies under one are welcome. We understand the beauty and equal chaos that comes from this space, I am honored to see you join.

The week of the 27<sup>th</sup>/ 28<sup>th</sup> of September will be delivered on-demand due to public holiday.

Fridays 2PM (Mums and bubs under one)

Saturdays 2PM (Mums only)

There are three ways to be part of this program:

- **In-person:** please arrive 15 minutes before to get you comfortable. We will have a 15 min tolerance, as we understand the juggle, however I encourage you to try to be early to not miss our beautiful landing activity. **Our cut-out date for in-person bookings is Wednesday 18<sup>th</sup> of September.**
- **Hybrid :** We understand things can change from one week to another; we are flexible and welcome you to join in a hybrid way, some weeks online and some in-person. We recommend choosing a private space in your home, it can be indoors or outdoors if weather permits. You will need a yoga mat, journal book and some pillows to support your body. You will receive a Zoom link with the pre-recorded content, that you can practice at your own time.

If you have any questions, please send us an email to:

[hello@theshiftwellbeing.com](mailto:hello@theshiftwellbeing.com)



# About the venue

- Our in-person programs are delivered at West Footscray Community Center

**Address:** 1/539 Barkly Street, West Footscray

- This is a safe space to connect, babies under one are welcome, we understand the beauty and equal chaos that comes from this space.
- I am honored to see you join; it is the first program tailored to support young family's to look after their emotional wellbeing.

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