

# JUNE MUMS

## THE TIME CHANGE OF MOTHERHOOD

**Tuesday, June 3  
3PM**

Since becoming a mom, time may feel completely different—like you're living in a different time zone from everyone else.

Maybe you measure time in your baby's milestones or their wake windows. Perhaps it feels like it's racing past you while also standing still for too long.

Let's talk about the strange, shifting nature of time in motherhood. and how we can improve your relationship with it.



## MOTHER -HOOD- WINKED

**Monday, June 10  
3PM**

Why did no one warn me!?!

Motherhood often feels like a masked experience—one no one can fully prepare you for. The messages we receive can leave us feeling unready, almost tricked into believing it's all sunshine and butterflies.

Let's share the moments we felt truly hoodwinked by motherhood.



## NOURISHING YOUR HOME: A FAMILY GUIDE TO NUTRITION

**Tuesday, June 24  
3PM**

Learn practical ways to create a peaceful approach to nutrition, break unhelpful food rules, navigate societal pressures, and foster mindful relationships with food and emotions in your home.

We will gather together and learn valuable information to help support our families and ourselves. Through conversation and shared insight, you'll leave feeling more confident and equipped to create a healthier, more compassionate relationship with food.

**Integrative Health Coach  
Ali Culliford**



**B.Y.O.Baby**  
Come show off your baby during this event!



**Bloom From Home**  
Receive access online as well.



**Art**  
Time for some messiness that YOU are creating! Wear clothes accordingly.



**Physical Activity**  
Prepare to sweat! Active wear encouraged.



**Off-Site**  
Come join MUMS out in the community!