

# JULY MUMS

## THE MATERNAL INSTINCT: FACT OR FICTION

**Tuesday, July 1  
3PM**

Is the maternal instinct something we're born with—or a story we've been told? In this discussion-based course, we'll explore the origins of the "maternal instinct" narrative, unpack the societal and cultural pressures behind it, and examine how it can shape our experience of motherhood.

Through conversation and psychoeducation, you'll be invited to reflect on your own experience and learn ways to reconnect with and trust your unique inner knowing..



## MUMS SURVIVAL KIT WORKSHOP

**Tuesday, July 15  
3PM**

We're putting together literal survival kits—customized with your go-to tools for those moments when anxiety spikes, the rage creeps in, or the sadness hits hard.

This is your all-in-one emotional reset kit, made by you, for you.

Come get creative—bring your ideas, and we'll have all the supplies ready for you!



## ONE YEAR LATER: WHAT YOUR POSTPARTUM BODY WANTS YOU TO KNOW

**Tuesday, July 29  
5 PM**

Let's talk about what's really going on in your body one year after having a baby. Spoiler: you're still postpartum—and your body still has needs.

We'll be joined by an amazing expert speaker who will walk us through what changes are still happening, how hormones might still be affecting you, and most importantly—how to care for yourself with the kindness and attention you deserve.

No pressure, no “bounce back” talk. Just real info, honest conversation, and support.

**Athena Newell, MSN, FNC-P  
STAT Wellness**



**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!