

APRIL MUMS

Joy in Jewelry

TUESDAY, APR 1
2 PM 🌸



During this hands-on workshop, we're bringing together creativity and reflection. While crafting beautiful, personalized jewelry, you'll also be creating something even more meaningful: joyful core beliefs about motherhood.

Beating Anxiety

TUESDAY, APR 8
3 PM 🌿



The world can feel like a threat as a new mum. Join us for an empowering session where a self-defense tactics instructor will help you tackle anxiety head-on. Learn to manage intrusive thoughts and gain practical skills to feel secure and confident navigating the world with your child.

Jeff Robertson
Self-Defense Instructor

PPD, Baby Blues, and Regulating Your Mood

TUESDAY, APR 15
3 PM 🌸



We'll discuss both perinatal depression and baby blues while focusing on tools to support and maintain your mental health balance. This event is for every mom—whether you've experienced them or not. Learn ways to support your mood, reduce overwhelm, and build resilience in a warm and supportive space.

Disgusting Truths

TUESDAY, APR 22
5 PM



A chakra workshop to balance the parts of motherhood that truly disgust you—whether it's the relentless messes, the mental load that feels suffocating, or the monotony of daily care. Release the aversion, realign your energy, and find flow.

Kelly MacDonald

Mom Rage

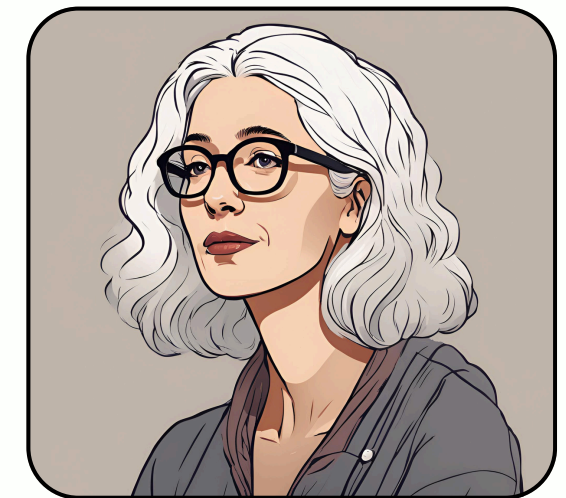
THURSDAY, APR 24
9 AM 🌸 🌸



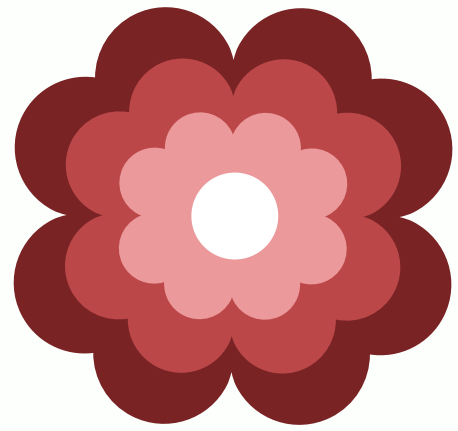
Dive into the roots of mom rage and rethink your relationship with anger. This course gives you real strategies to handle those fiery moments and channel your emotions into something that works for you, not against you.

Nostalgia

TUESDAY, APR 29
3 PM 🌸 🌸

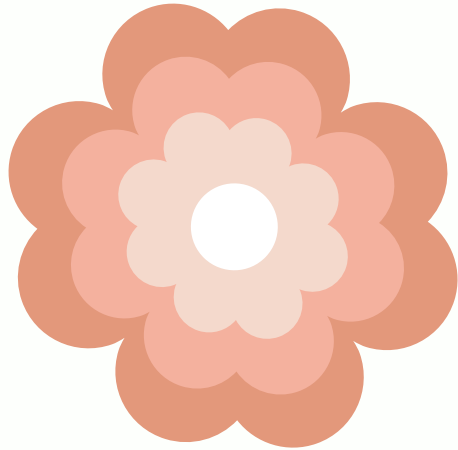


This workshop will capture the essence of the fleeting and everlasting nostalgia in motherhood in the form of a candle. As we craft together, we'll discuss the emotional depth of these nostalgic moments and share stories, all while creating something meaningful to hold onto.



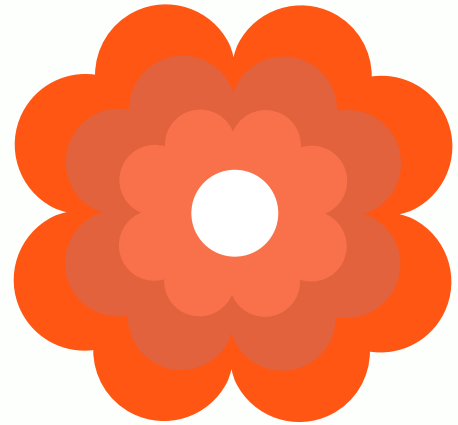
MUMS Members Only

Membership-based event fostering closeness and trust within a consistent, supportive group of moms



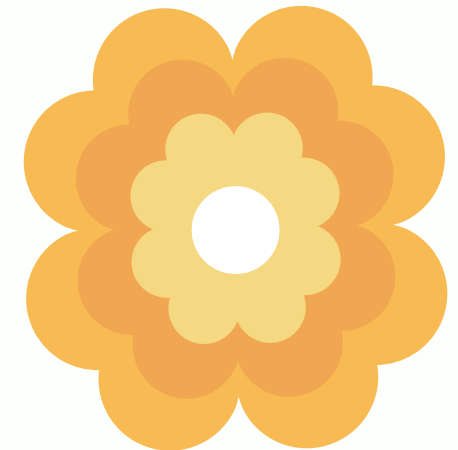
B.Y.O.B.aby

Come show off your baby during this event!



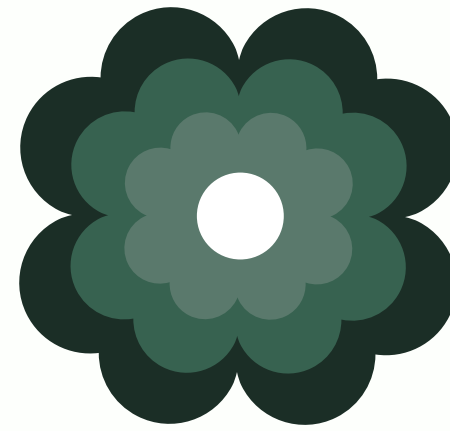
Bloom from Home

Can't make it? No problem! You can access this course online.



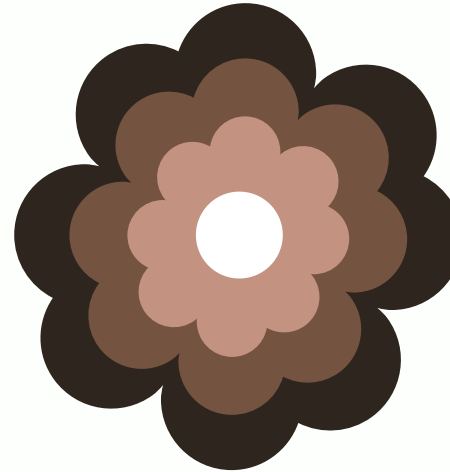
Art

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



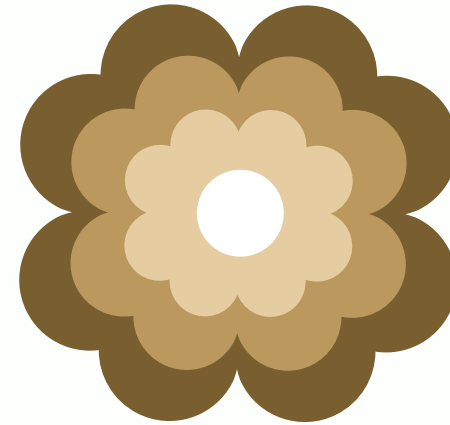
Physical Activity

Prepare to sweat! Active wear encouraged.



Off-Site

Come join MUMS out in the world.



Community

Open to everyone! Bring a friend or your partner!