FEBRUARY MUMS

TUESDAY, FEB 4

2 PM ❀

Partners as Parents

Let's address the shifts in household and childcare responsibilities that come with parenthood. Learn how to communicate effectively, address feelings of imbalance, and strengthen your partnership during this transition.

MONDAY, FEB 10

11 AM ❀❀

A Fair Play Workshop

Learn how to use the Fair Play method to share household and childcare responsibilities without falling into the default parenting trap. Learn practical strategies to balance the mental load and create a more equitable partnership.

THURSDAY, FEB 13

9 AM ❀

Post-Baby Intimacy

Let's normalize the challenges of this stage and redefine intimacy in a way that fits your new family dynamic while also exploring ways to increase desire.

TUESDAY, FEB 18

5 PM ❀

The Art of Intimacy

Create an abstract painting with local artist guiding you to explore your sexual identity and feelings around intimacy. Leave with a personal piece of art symbolizing your unique sensual journey.

**Kelly MacDonald
KMACStudios_ Owner**

TUESDAY, FEB 25

5 PM ❀❀❀

Post-Baby Dating

Whether you're navigating the new dynamics of parenthood or simply looking to reignite the spark, this evening will leave you feeling closer and more connected with your partner. A guided evening together, along with a dinner if you choose. Childcare will be provided. RSVP required.

ONLINE

Members can participate in the following online courses at their own leisure, allowing for flexible learning that fits into your busy schedule.
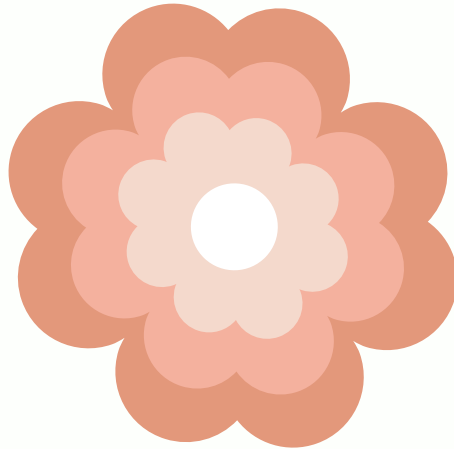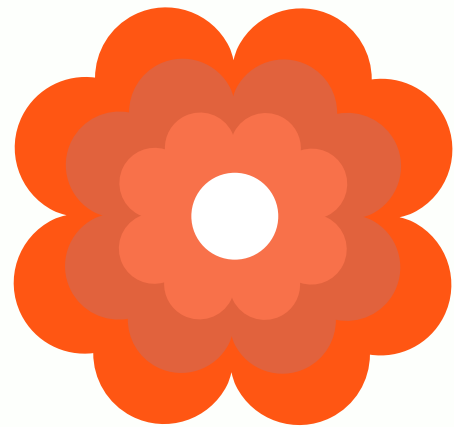
- Partners as Parents
- Post-Baby Intimacy
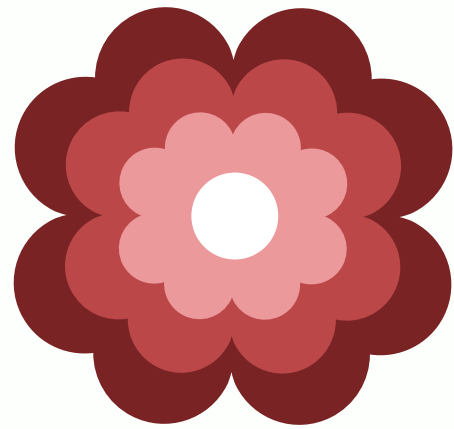
MUMS Members Only
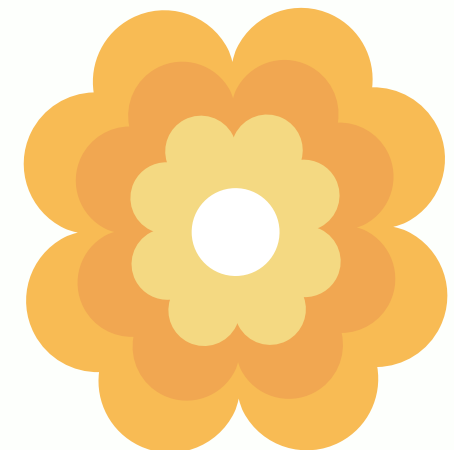Membership-based event fostering closeness and trust within a consistent, supportive group of moms

Physical Activity
Prepare to sweat! Active wear encouraged.

B.Y.O.B.aby
Come show off your baby during this event!
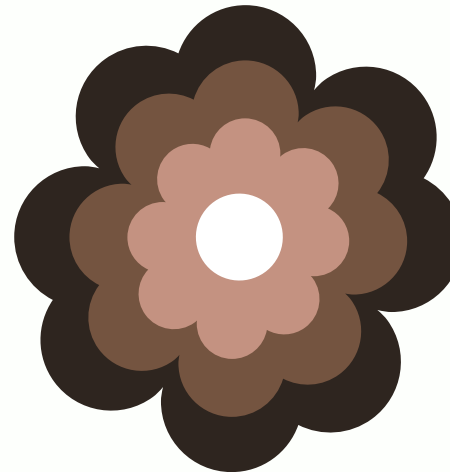
Off-Site
Come join MUMS out in the world.

Bloom From Home
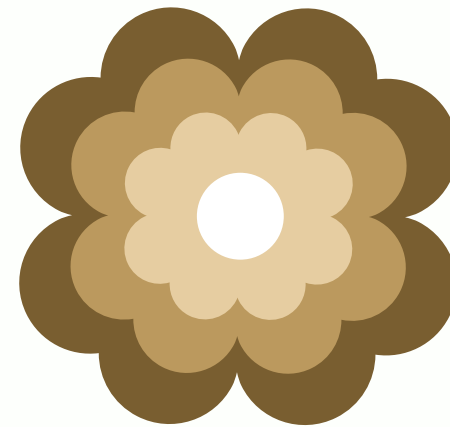
Community
Open to everyone! Bring a friend or your partner!

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