

Mindful Moms Support Group

As a mom do you feel you have all the support you need?

Would you like the support of other like-minded moms?

Then welcome to Mindful Moms. This group grew out of the desire to have an alternative moms support group where women could share stories and information. It's a group for moms that are looking to explore holistic ideas on parenting; everything from favorite lullabies to clothing diapering. It is a chance for moms not only to share information, but also a chance to connect with each other and make friends.



We call ourselves mindful moms. Being a mindful mom is about learning to be in the moment and to pay attention to how life is unfolding without getting overly caught up in our own expectations of how we want things to be. It's about enjoying our babies just as they are.

The group is for moms and babies
newborn to one year old.
Everyone is welcome.

We meet once a week on Friday afternoons at 1:30pm at the **YWCA** in Regina, 1940 McIntyre St, downstairs in the dance studio space. There are mats as well as exercise balls for moms to sit on. It is totally free and you don't need to commit to coming every week... it runs on a completely drop in basis. The group is co-facilitated by myself, Marie Berwald (pre&postnatal yoga instructor, childbirth educator) Kim Smith (doula, breastfeeding educator) and Mandy Herle (childbirth educator, doula).

Come share the stories, laughter and support!

[link to an article about mindful parenting.](#)

