



A Mom Reset Programme

Self care toolkit to help you thrive in motherhood.

What no one has told you.

Understanding motherhood. The physical, psychological, relational and social transitions.

Self care/self compassion

Recovering and rebuilding emotional wellbeing

Rebuilding energy

if you answer *yes* to any of the following questions then this programme is for you

Do you always put your children's needs first?

Do you put your partner's needs before your own?

You never get time off to just *be you*?

Venue :- Le Cheile Family Resource Centre

Date :- 14th September 2023

Time:- 10am to 12noon

Every Thursday morning for six weeks



Contact Mag or Noreen on 022 42439