

# HAPPY MOTHER DOULA

## EVENT OFFERINGS

### Mom Brain Workshop

A supportive, down-to-earth workshop that helps moms understand what's actually happening in their brains during motherhood. We talk about things like forgetfulness, intrusive thoughts, emotional shifts, and why everything can feel so overwhelming- plus how to cope, feel more grounded, and trust yourself again. It's part education, part real conversation, and a space where nothing you're experiencing is "too much" or abnormal.

A practical, hands-on workshop that helps you create a realistic plan for life after baby. We cover things like support, recovery, feeding, sleep, and what your days will actually look like- so you're not just "winging it" once you're home. It's about getting organized, setting expectations, and making sure you feel supported, confident, and truly prepared for postpartum.

### The Postpartum Plan Workshop

### Birth Story Circle

A space for women to come together to share their birth experiences in a safe, nonjudgmental space. Each person has the opportunity to speak, be heard, and process their story- whether it was empowering, complicated, or still hard to talk about. The focus is on listening, validation, and connection, not advice or comparison. It's about honoring each experience and reminding mothers they're not alone.

**BOOK NOW**



732-606-3227



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