

Beyond... BREATH

May 2022

WELLNESS NEWSLETTER

Vol 1, Issue 3



MomSquad

Do you often feel like your identity is wrapped up in being a mother and you have lost yourself? That it's hard to remember what your hobbies are or things that you like outside of the likes of your children and partner? That it has become your responsibility to care for everyone else, but somehow that means neglecting yourself?

Yes? Then, the MomSquad is for you!

Come breathe, meditate and share your experiences among a small group of mothers who understand. Dr. Mac, a single mother to a 10-year-old son, understands!

MomSquad is a 5-week small group coaching program designed to draw you into a community with other moms, looking to get clear about who they are outside of motherhood, redirect and reclaim the direction of their lives, and prioritize their own wellbeing.

REGISTER TODAY at
BeyondWellCoach.com

NEWSLETTER HIGHLIGHTS:

MomSquad

Teacher's Appreciation

Mental Health Awareness

Mother's Day

Teacher's Appreciation

This July, Beyond Life Coaching, in partnership with a sister-scholar, will host a 3-day retreat for Black women teachers. All expenses paid!

We hope to continue bringing these retreats to our teachers. Be sure that you, and all the educators you know, follow our social media pages to stay in the know when we open applications for the second cohort.



Mental Health Awareness

When we feel depressed, we tend to isolate ourselves from others. Please do not suffer in silence!

Dr. Mac is offering FREE 30-minute sessions throughout the month of May.



Mother's Day

HAPPY MOTHER'S DAY to all of the mothers and mother figures.

This is a day that can have complicated emotions for many people. For folks grieving the loss of a mother, mother figure or child, or for whom this day emphasizes a complicated relationship with a mother or child, Dr. Mac sends you love and peace. Honoring memories and honoring emotions are both okay to feel, simultaneously.

