



NESTED

* HOLISTIC DOULA SERVICES *

Fall Schedule

FEEDING SUPPORT - MONDAY 1-2:30PM

bottle or breast this is a relaxing place to rest! Feeding support is an important part of the transition into parenthood, even if your baby is feeding well. Getting support early on can help you gain the confidence to know that baby is healthy and growing.

INTUITIVE PARENTING- TUES 10-11 AM

This drop-in class offers tips, support and tools to tap into our inner wisdom, connect with our babies and infuse confidence to follow our intuition on parenting. Through guided meditation, downloads and somatic experiencing. Babies + Toddlers are welcome, this may not be the quietest relaxation class you will ever attend but a very real representation of how we can find peace, joy, confidence in the hustle of parenting!

TEA TIME SOCIAL- WED 1-2:30PM

Bring the community back to parenting with Tea Time Social. The transition into parenthood can be isolating and bring BIG changes to our social lives. Tea time social offers an opportunity to get out of the house and some much needed social interaction at a time that suits your schedule!

MOTHERS CIRCLE- FRI 10-11:30AM

Come connect with other mamas of babies 0-1 year - Our weekly class offers opportunities to bond, empower and benefit you and your babies with lots of interaction, touch and love! Each week we will focus on a new topic, provide essential resources, practical tools and take-home care packages to help you gently transition into motherhood.

cost is \$10 (suggested) per class or \$35 unlimited monthly pass

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