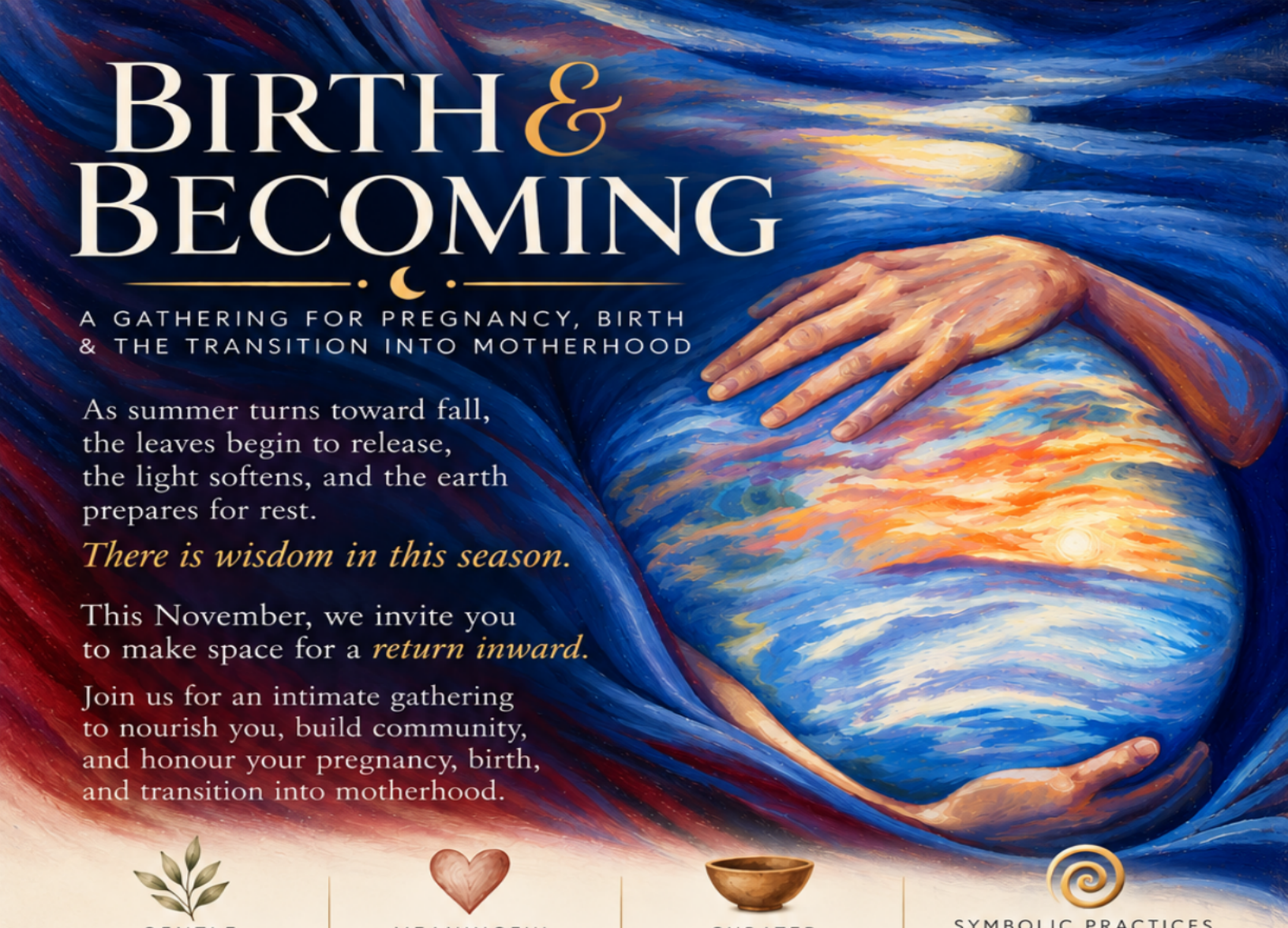
BIRTH & BECOMING

A GATHERING FOR PREGNANCY, BIRTH & THE TRANSITION INTO MOTHERHOOD



As summer turns toward fall,
the leaves begin to release,
the light softens, and the earth
prepares for rest.

There is wisdom in this season.

This November, we invite you
to make space for a *return inward.*

Join us for an intimate gathering
to nourish you, build community,
and honour your pregnancy, birth,
and transition into motherhood.

GENTLE REFLECTION | MEANINGFUL CONVERSATION | CURATED NOURISHMENT | SYMBOLIC PRACTICES ROOTED IN GRATITUDE AND RECIPROCITY

There is nothing you need to arrive having figured out.

FRIDAY
NOVEMBER 27, 2026
6:00 – 9:00 PM

BIRTH, BUMP AND BEYOND
Airdrie, Alberta

A SMALL GROUP OF 4 – 6 MOTHERS

INVESTMENT
$125
$150 • PAY IT FORWARD

TO RESERVE YOUR PLACE

1. Email birthandbecomingyyc@gmail.com to request a place.
2. We'll confirm availability and send e-transfer details.
3. Your registration is complete once your investment has been received.

Spaces are intentionally limited to 4 - 6 mothers.
If this gathering is full, we will offer a waitlist for the next Birth & Becoming gathering.

CURIOUS?

If you're not quite ready to reserve, we welcome that too.
We would be happy to connect, hear what has been coming up for you,
and explore whether this gathering feels supportive for where you are right now.

Sometimes the first step is simply a conversation.

WITH

Monique Unrau
REGISTERED MIDWIFE
LACTATION SPECIALIST

Rose Pearce
BIODYNAMIC CRANIOSACRAL THERAPIST | DOULA