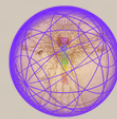




**JAN 7-JUNE  
3, 2026**

**WEDNESDAYS  
7-8 PM EST VIA ZOOM**



Mind Body Soulstice

# **BIRTHWRITE**

**(Re)claiming Embodied Birth  
& Postpartum\* Healing  
through Integrative  
Narrative Medicine and  
Somatic Abolitionism  
Practices**

*\*At Birthwrite, postpartum is defined as the three (3) years following any pregnancy, inclusive of all pregnancy outcomes, including those that did not result in a live birth.\**



***Birthwrite is a collaborative workshop series that centers connecting with your body through narrative expression and movement. This program can be used to prepare for labor and/or postpartum healing.***

## **Requirements:**

This workshop series is open to

- People who identify as BIPOC women/birthing people
- Currently pregnant and/or postpartum\*
- Michigan residences
- Medicaid recipients
- Must be able to participate from January 7, 2026 to June 2026 (12 sessions total)

This is a **FREE, bi-weekly, hands-on program** currently **accepting new cohort members**. The program runs from **January 7, 2026, to June 3, 2026**, with both in-person and remote participation options. **Applications close on December 27, 2025 at 11:59pm.**



## **Hosted by:**

*Miniya Williams,*

Founder & Facilitator, Mind Body Soulstice

Learn more at

[www.mindbodysoulstice.com](http://www.mindbodysoulstice.com)

## **What You Will Receive:**

- Free Somatic Narrative Medicine Workshops
- Guided Reflective Writing Sessions
- Ancestral Movement Practices
- Community-centered embodiment work
- An In-person Community Gathering (food provided)
- Ancestral Foods and Plant Medicine

**Register *HERE***

**Questions?**

[mibirthwrite@gmail.com](mailto:mibirthwrite@gmail.com)