



Learn what to expect in the early stages of motherhood

Embrace MOTHERHOOD

FOR EXPECTANT MOMS
MOMS WHO RECENTLY BAPTIZED THEIR CHILD
OR MOMS WHO HAVE YOUNG CHILDREN



DATE: SATURDAY SEPTEMBER 21, 2024 (Child care available)

LOCATION: HOLY MARTYRS OF JAPAN PARISH

167 Essa St, Bradford, ON L3Z 2V3, Parish Hall

TIME: 10:30AM - 1:30PM

(Please note there is a morning Mass at 9:00am)

REGISTRATION FEE: \$20 (includes morning coffee, muffins and light lunch)

I love my
Catholic Moms Group
LOVE. LAUGHTER. MOMENTS OF GRACE



WORKSHOP FACILITATOR:
KAYLEIGH MENESES GARCIA

Kayleigh is a wife and mother of four and expecting baby number five! She is a high school teacher and runs the Catholic Moms Group at Holy Martyrs of Japan Parish in Bradford.

- ♥ enjoy a good cup of coffee
- ♥ meet like minded moms
- ♥ get inspired
- ♥ learn about the five phases of motherhood
- ♥ pray together
- ♥ identify the changes motherhood brings
- ♥ strategies to deal with your growing family
- ♥ learn new prayers specifically for mothers
- ♥ make new friends
- ♥ have fun

REGISTER by sending an e-transfer for \$20 to catholicmomsgrouphmj@gmail.com

***Please include your first and last name, parish in the notes section of the e-transfer.