



Mindful Motherhood Stress Reduction Class

SPONSORED BY WOMEN & CHILDREN'S SERVICES



This two-hour workshop is designed to support women in the postpartum period, where participants will learn essential tools for managing stress and developing resiliency while adapting to the new role of motherhood. Most postpartum women experience some sense of feeling overwhelmed. Often depression, anxiety, and insomnia can accompany the joy of a new baby. With the focus on calming the mind and body, releasing negative thoughts and beliefs, and accessing a deep sense of well-being, participants will learn valuable self-care tools that they can readily integrate into their lives. New mothers who have learned this technique report feeling a greater sense of joy, ease, and presence both in themselves and their babies.

WHEN: The second Thursday of every month starting July 14 to December 8, 2011.

TIME: 10:00 am – 12:00 pm

WHERE: Marin General Hospital Meeting Rooms (location varies by month)

COST: \$35 per person

Come experience a mindful approach to motherhood, where you can learn to manage stress skillfully and access deep peace and joy during this transformative time!

To register call 888-99-MY-MGH
(888-996-9644)

This workshop is taught by Dr. Gillian Lerner, licensed psychologist specializing in women's health and wellness. Dr. Lerner is strongly committed to helping women take better care of themselves in order to take optimal care of their children.