

# Moms with Moxie



Instructor:  
*Maleah Warner*

## Mom's Class & Discussion Group

Bring your kids and your brain (yes, you still have a brain!) and learn how to power through mom guilt, heal from postpartum depression/anxiety, and become the best mom by becoming the best YOU!

Thursdays @ 10:00 to 11:00 am

AF Library Gardner Room

8 week course starting March 21<sup>st</sup>, 2019

### Class Schedule & Topics

- Thur. Mar 21 "I Had a Baby & Lost My Brain" **Mind**: the MENTAL Work of Mothering  
Thur. Mar 28 "My Body is Freaking Out!" **Body**: the PHYSICAL Work of Mothering  
Thur. Apr 11 "Why Can't I Stop Crying?" **Heart**: the EMOTIONAL work of Mothering  
Thur. Apr 18 "I Had a Baby & Lost Myself" Mothering IS a **Successful** Occupation  
Thur. Apr 25 "SAHM vs Working Mom" Why it's time to through out the LABELS.  
Thur. May 2 "Why am I SO Tired?" **Sleep, Rest, Play**: How to RECHARGE your battery.

\* For More Class Topics, visit [maleahwarner.com/classes](http://maleahwarner.com/classes)



Questions? email [maleahwarner@gmail.com](mailto:maleahwarner@gmail.com)

To receive email reminders & class details, register at [maleahwarner.com/classes](http://maleahwarner.com/classes)