

# Parenting Workshop

## Unshackling Mom Guilt

**Wednesday, December 6, 2023 10 am - 11:30 am**

The early stages of parenthood are a mix of joy, fear, excitement, exhaustion and oftentimes guilt. Moms carry a significant emotional burden, making it common to feel like you aren't doing enough or are doing it wrong.

### Join us:

- For a non-judgmental exploration of these emotions.
- Let's discuss ways of being kinder to ourselves and learn how to lighten some of the loads we carry.

**Online  
Workshop**



Scan or Click  
to Register

**FREE**



Registration required to participate in this online workshop!

Register now - December 6th  
[www.tinyurl.com/parentingworkshops](http://www.tinyurl.com/parentingworkshops)

**In partnership with:**



information  
children

**GOT QUESTIONS?**

**REACH US AT:**

1-877-345-9777 (Toll-Free)  
[office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)  
[parentsupportbc.ca](http://parentsupportbc.ca)

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