

New Moms:

Surviving to Thriving in 6 weeks

Strategies every new mom should know for surviving the first 6 months and beyond

Are you a new mom...

- *wondering how to juggle the demands and life changes of motherhood?*
- *feeling exhausted and overwhelmed by motherhood's responsibilities?*
- *interested in learning ways to take care of yourself while being a mom?*

Becoming a mother is one of the most exciting times in a woman's life. It's life changing. All of these changes can feel overwhelming for a new mom. This course **focuses on caring for you** as you navigate the responsibilities of caring for a new baby. Taking care of yourself gives you the energy to take care of those you love!

You will learn strategies to:

- Take care of yourself while taking care of your baby
- Ask for help – build support systems
- Find time for yourself and with your spouse
- Balance the demands of new motherhood
- Set realistic expectations & reduce guilt
- Navigate changes – embrace the role of mom without losing yourself

6-week “Boot Camp” for moms

Wednesdays, July 20th - August 24th

1:00 pm – 2:30 pm

Bellybum Boutique – 4347 N. Lincoln Ave., Chicago, IL

Cost: \$397 for 6-week program

To register:

Call Bellybum Boutique 773-868-0944 or stop into the store

It's also a great opportunity to meet other new moms and share your experiences!

About the course facilitator: Michelle Kelso is a Certified Life Coach and Mom's Self-Care educator. Michelle is the mom of two, who has taken her own journey with “Supermom Syndrome” and realizes the power of embracing self-care so that we can be the mothers we want to be. Michelle had first-hand experience with Postpartum Depression/Anxiety after the birth of her first child, and is an advocate and a coach for moms in recovery.

Michelle Kelso, Certified Life Coach

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