



information  
children

# Unshackling Mom Guilt

Monday October 16th

11 am-12:30 pm

in-person at the McGill Library

4595 Albert St Burnaby

**Free childcare for kids 18 mo-5 years  
available upon request**

Life in the first weeks, months, and years of a new child can be full of joy, fears, excitement, sadness and often, an underlying feeling of guilt. Moms take on a great deal of a family's emotional labour, and it's common to feel like you aren't doing enough or doing it wrong. Join us for a non judgemental look at these feelings and discuss ways in which we can be more gentle with ourselves and learn how to let go of some of the loads we carry.

Sign up

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