



WINTER WELLNESS SERIES

FREE self-care workshops for new parents and caregivers!



Finding Balance with Respectful Infant Care with Jean Newberry

January 28th, 10:30am to 12:30pm
Location: Aldrich Library Milne Room

Find balance in caring for infants, forging deep emotional wellness, and developing self-confidence for caregivers and infants. Expect hands-on activities and advice gleaned from years of experience caring for infants in a Waldorf Nursery School. Open to anyone who spends time with infants or parents.

Rituals for Caregivers with Jessica Buckley

February 25th, 10am to 12pm
Location: The Good Beginnings Nest

To give the best of ourselves, we need to give back to ourselves. In this workshop, participants will develop a simple, personally meaningful, self-designed ritual for daily self-care, and support one another in unearthing what we most need to thrive in our lives. You'll leave feeling inspired and prepared to integrate your new habit into your life at home.



Family Health Tips for Optimal Winter Wellness with Catie Winters - Clinical Herbalist and Nutritionist

March 11th, 10am to 12pm
Location: The Good Beginnings Nest

This workshop will address nutrition, herbal, and supplemental support as well as some simple at home practices to boost your family's health and wellness during the winter. You'll learn about immune-boosting foods and foods to avoid as well as simple, kid-pleasing recipes that support health and the immune system. You'll also learn about immune support herbs and supplements and their safe use for all family members.

The Power of Touch with Amber Wodli - LMT & BTMB

March 25th, 10:30am to 12:30pm
Location: Aldrich Library Milne Room

Harnessing the power of touch, this workshop will be an opportunity to pause from the busyness of daily life and cultivate a deeper human connection with your child, and yourself. Amber will demonstrate infant massage techniques for common ailments and for overall relaxation and connection, as well as self-care message techniques for caregivers. She will also offer an optional mini clothed massage session on a massage table.



Registration available online through our website, Facebook or calling (802) 595-7953