



Minding Me

Supporting Expectant and New Mothers in Kildare West Wicklow

A WEEK OF ONLINE FREE WORKSHOPS TO SUPPORT EXPECTANT AND NEW MOTHERS.

Click any Workshop Title to go to Eventbrite for more information and to book tickets.

(places are limited)

19th to the 23rd October 2020



All events are mother and baby friendly:

- » You can turn off your camera.
- » You can stay on mute.

Online events are open to anyone planning a pregnancy, partners, grandparents, extended family members, or friends that may be supporting someone who is expecting or has a baby.

Easy Access:

- » No app required. We'll send a link that you can open in your web browser, using any device.

BUGGY BUDDIES (Kildare) & BUGGY FIT (West Wicklow) — an outdoor exercise class for expectant and new mothers.

(places are limited; social distancing and public health guidance will apply)

Buggy Buddies — Newbridge (20th Oct) and Athy (22nd Oct), contact Anna in Kildare Sports Partnership for info and to book your free place: Annadeegan.ksp@gmail.com 083 8731 107

Buggy Fit — Blessington (20th and 22nd Oct), contact Denise in Wicklow Sports Partnership for info and to book your free place: doshea@wicklowcoco.ie 087 406 6400



Monday 19th
10.00-11.30am

Prenatal Yoga
with **Kate Bullman**
(Yoga Instructor)
&
Exercise in Pregnancy and Q&A
with **Amy Anderson**
(Physiotherapist, HSE)



Tuesday 20th
10.00-11.30am

Postnatal Yoga, with your baby
with **Kate Bullman** (Yoga Instructor)
&
Exercise and Well-being after
Pregnancy and Q&A
with **Amy Anderson**
(Physiotherapist, HSE)

2.00-3.00pm

Hypnobirthing
A Hypnobirthing Taster session
with **Suzanne Daly**
(Perinatal Mental Health Midwife,
Antenatal Teacher and Hypnobirthing
Instructor at the Coombe).
Hypnobirthing supports you to have
a positive approach to birth.

Wednesday 21st
10.00-11.00am

Minding Me — Looking after
your Mental Health during
Pregnancy and Beyond
Discussion on mental health
and practical tips for self care
with **Dr. Sabrina Coyle**
(Senior Clinical Psychologist
in Specialist Perinatal Mental
Health at the Coombe)
and **Dr. Rosario Power**
(Senior Clinical Psychologist, HSE)



Thursday 22nd
10.00-11.00am

Let's Play
A fun and interactive session on play
for Mums and Babies and expectant
Mums with **Bróna Murphy**
(Transitions Development Worker,
SPECS)

2.00-3.00pm

Hypnobirthing
A Hypnobirthing Taster session
with **Nadia Arthurs**
(Midwife and Hypnobirthing
instructor — labouroflove.ie).
Hypnobirthing supports you to have
a positive approach to birth.

Friday 23rd
10.00-11.00am

**The Joys and Challenges
of becoming a Mother**
Discussion and Q&A
with **Maia Dunphy**
(Mother, Writer and Broadcaster)
and **Dr. Ciara McCarthy**
(Senior Clinical Psychologist, HSE),
facilitated by **Taragh Loughrey-Grant**
(Mother, Journalist).
Sharing their experiences
and answering your questions.

