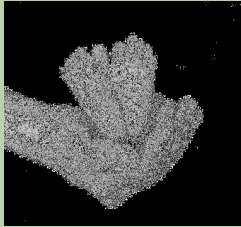


Nanaimo Mother & Baby Society

SUMMER 2010 NEWSLETTER



The Nanaimo
Mother & Baby
Society

#12, 321
Wesley Street

Nanaimo BC

tel:
250.754.5090

www.yournmbs.ca

Changes at the Nanaimo Mother & Baby Society!

We have reduced our space size to cut down on our overhead. We are still at the same location, just now half the size! Regretfully, this means we no longer can run our free store or take donations!

Upcoming Workshops and Classes

For more info see our website!

Birthing From Within

prenatal classes: thorough and dynamic childbirth preparation. Come learn proven pain-coping practices and discover how you and your partner can best navigate the journey of birth. \$175/couple.

Mama Sprouts: A soulful journey through new motherhood. A 5 week class for

moms and babies under 12 months. \$75

Baby Massage Course:

Baby yoga, massage, and attachment-building mothering skills. 6 week course \$225 supplies and manual included.



Registration:

To register please call or email our centre at **250.754.5090** or ynmbs@telus.net

Most of our classes and programs are ongoing– check online for current schedules!

Looking for pre/postnatal yoga and drop-in groups? Ours are on hold throughout the summer but be sure to check back with us early in the fall for an updated schedule!

We're growing some exciting programming for the fall!

We at the Nanaimo Mother & Baby Society have been gestating a lot of exciting changes for our community of mothers and new families! Beginning in the fall, we will be offering programming in a few new locations, making our classes more accessible than ever. You can look forward to even more classes and programs for you and your baby, toddler and family.

We are always seeking to including others in our vision– if you are interested in running a class for mothers and need a space to run out of– let us know! If you are a mother who is seeking a specific program that you can't find, let us know– we're really good at making things happen and we're always thrilled to have new inspirations come our way!



Stay tuned for updates in the fall!

Summer hours: We keep things more casual in the summer so if you're planning to come by its best to call ahead first to be sure one of our staff or volunteers is in the office! 250.754.5090