



# mOTherhood

An occupational therapy group  
supporting moms and their babies

Four weekly sessions with an  
occupational therapist

- March 16
- March 23
- March 30
- April 6

Connect with moms in the same  
season of life and take the  
guesswork out of mothering.

## Topics covered:

- developmental milestones
- sensory processing
- co-regulation and attachment
- mom ergonomics
- feeding
- sleep

Investment:

**\$195 / series**

six spots per group  
possible insurance  
coverage available

To register email  
[CarlyTrew@AdvanceOT.ca](mailto:CarlyTrew@AdvanceOT.ca)

## Three Groups:

- Infant series (0-6months)
- Munchkin series (6-12 months)
- Tot series (12-24 months)



Facilitated by:

**Carly Trew MScOT**

