

FATS MAMA CIRCLE

First Friday of every month from 10am-12pm

@ Midwives Rising! 115 W McDowell Rd Suite 4B Phx, AZ 85003

More information call 480.528.1689 or freedomandtheseed.com



2015

Sept ~

4 - Pregnancy - Comfort Measures

Oct ~

2 - Baby - International Babywearing Week

Nov ~

6 - Birth - Stories and Art

Dec ~

4 - Ceremony - Winter Solstice

2016

Jan ~

8 - Pregnancy - Affirmations

Feb ~

5 - Postpartum - PPD

Mar ~

4 - Ceremony - Spring Equinox

Apr ~

1 - Breastfeeding