

Postnatal Depression Marlborough
Charitable Trust

From "Me" to "Mum" - The Mindful Way Through Pregnancy

Support group for pregnant women

You are pregnant? Give yourself time to reflect, to discover, to create and to enjoy!

Duration

10 week program that involves weekly two and a half hour meeting - Thursday's from 9.30 am to 12 pm with 20 minutes coffee break.

Enrollment

We accept women with pregnancy of any gestational age, but 10 weeks prior labor. Group size is around 10-12 women. This is a close group, so after second session we do not invite new people. Enrollment is open all year around. GP's, midwives, mental health professionals can make referrals to this group.

Cost

Free of charge for all participants. The cost is covered by Postnatal Depression Marlborough Charitable Trust.

Location

Room #20, Marlborough Community Centre
25 Alfred Street, Blenheim, Marlborough.
Car parking is available.

Facilitator



Tatiana Ceban is a counsellor who specializes in reproductive and perinatal mental health.
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Program

1. Mother's Journey
 - messages of motherhood - expectations, and reality
 - acceptance of pregnancy
 - making the personal experience positive
2. Maternal Body
 - pregnant embodiment
 - loving and trusting my body
3. Mother - Chain in the Family Tree
 - broader vision of the family
 - my place and role in the family system
 - making improvements and creating traditions
4. Upcoming Baby
 - creative anticipation
 - the babymoon
5. Mother's Nest
 - the meaning of my home and my place
 - creating space for my baby
6. Mother & Daughter Universe
 - I as a Daughter
 - I as a Mother
 - Our new relationship
7. Mother's Joys & Challenges
 - the range of feelings - dealing with anxiety, uncertainty & pressure
 - balancing day-to-day life
8. Mother's Dreams & Goals
 - life during and after pregnancy
 - priorities & plans & goal setting
9. My Lessons in Still Life
 - mindfulness and relaxation
 - lessons learned in the journey
10. Preparation for The Labour
 - the big even of birth
 - check-in the preparation list