



Learn what to expect in the early stages of motherhood

# Embrace MOTHERHOOD

A WORKSHOP FOR EXPECTANT MOMS  
MOMS WHO RECENTLY BAPTIZED THEIR CHILD  
OR MOMS WHO HAVE YOUNG CHILDREN



**DATE: SATURDAY OCTOBER 12, 2024** (Child care available)

**LOCATION: ST. CATHERINE OF SIENA PARISH**

2340 Hurontario St, Mississauga, ON L5B 1N1

**TIME: 11:00AM - 2:30PM**

Opening Mass at 11:00am (for intentions of moms) followed by light lunch and workshop.

**REGISTRATION FEE: \$20** includes light lunch and workshop materials

*I love my*  
**Catholic Moms Group**  
LOVE. LAUGHTER. MOMENTS OF GRACE



**WORKSHOP FACILITATOR:**  
**CANDICE PINGOL**

Candice is a Catholic wife and mom of five children. She is an entrepreneur and is involved in many ministries at St. Catherine of Siena parish.

- ♥ enjoy a good cup of coffee
- ♥ meet like minded moms
- ♥ get inspired
- ♥ learn about the five phases of motherhood
- ♥ pray together
- ♥ identify the changes motherhood brings
- ♥ strategies to deal with your growing family
- ♥ learn new prayers specifically for mothers
- ♥ make new friends
- ♥ have fun

**REGISTER** by sending an e-transfer for \$20 to [Candice@CatholicMomsGroup.com](mailto:Candice@CatholicMomsGroup.com)

\*\*\*Please include your first and last name, parish in the notes section of the e-transfer.

\*\*\* We are looking for benefactors to help sponsor moms who might need help with the registration fee!