

WellMama

Mental Support for Parents and Caregivers

Releasing Emotions through Color

with Chiara Townley



Join WellMama for a
Wellness Workshop with
Chiara Townley, Motherhood Spiritual Coach
for a guided emotional release workshop,
followed by a peer support circle.

This is a virtual event.

NOV 6 2022
3:00-4:30 PM
VIA ZOOM



wellmama.help/wellnessworkshop

REGISTER NOW