

# WellMama

## Wellness Workshop

### Processing Postpartum Transition through Writing and Art

use writing, art, sharing, and discussion to process and explore the various stages of the transition through Postpartum in this 4 part series workshop.



**ARYN BARTLEY**

Writing and  
Literature Professor

Aryn Bartley is a Writing Professor that specializes in expressive and therapeutic writing and will be leading the workshop alongside WellMama Support Specialist

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**Via ZOOM**



10:00 – 11:30 am on  
April 15, April 22,  
April 29, and May 6



**Scan this code to book  
your seat!**

Join our wellness workshop and register  
to get your materials to participate.