

# NEW WEEKLY GROUP FOR PROFESSIONAL MUMS

*Build connection, explore identity,  
self-regulation, and practical ways to lighten the load*



SCAN FOR  
EXPRESSION OF  
INTEREST SURVEY

Join a group of mums like you who may find it challenging to balance professional identity and motherhood while holding space for YOU. This is a safe, non-judgemental, collaborative space for connection, growth, and self-discovery.

*Facilitated by Dacia Davison - mental health occupational therapist,  
professional supervisor, and mum of 3*