

A SHORT INTERACTIVE WORKSHOP:

discover the joys, challenges, love and changes of becoming a mom



Learn what to expect in the early stages of motherhood

# Embrace MOTHERHOOD

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



**DATE: SATURDAY NOVEMBER 8, 2025** (Child care available)

**LOCATION: ALL SAINTS PARISH**

1415 Royal York Rd, Etobicoke, ON M9P 3A7

**TIME: 10AM - 12PM**

**REGISTRATION FEE: \$20** includes morning coffee, muffins,  
full colour 65 page publication & more!

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



## WORKSHOP FACILITATOR: KAYLEIGH MENESES GARCIA

Krystyna Zasowski invites you to meet Kayleigh — a high school teacher, wife, and mother of five. Kayleigh leads the moms ministry at her parish in Bradford and loves facilitating our *Embrace Motherhood* Workshop!

- ♥ 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 [catholicmomsgrouphmj@gmail.com](mailto:catholicmomsgrouphmj@gmail.com)

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

Visit [www.CatholicMomsGroup.com](http://www.CatholicMomsGroup.com)