



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 JUNE 14, 2025** (Child care available)

**LOCATION: SAINTS PETER & PAUL PARISH**

4070 Central Pkwy E, Mississauga, ON L4Z 1T6

**TIME: 9:30AM - 12:00PM**

**REGISTRATION IS FREE:** includes morning coffee, snacks and **PRIZES**

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



**WORKSHOP FACILITATOR: CLARIZZA BALUYUT**

Clarizza is a Catholic wife and mother of two, with baby #3 on the way! She is a school teacher and entrepreneur. She is involved in ministries at Sts. Peter and Paul Parish including leading the evening Catholic Moms Group with Savita and Sandra. The parish also has a day time Moms & Tots Group run by other team members.

- ♥ 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 HERE:** <https://forms.gle/4kXhsRM3kyfhhqoZ8>