

Come join us once a week for an hour of insight, relaxation, discussion and mommy-baby time.

Being with Baby

Facilitated by Katie Caddell, LCSW

A 5-week workshop series on parenting young babies *from the heart*

In this workshop series presented by Wildflower Center for Emotional Health, we will provide an intimate space for you and other mothers to find that place within your heart to truly be with your baby. You'll learn to cut through the noise of parenting and apply physical and emotional tools focused on strengthening secure attachments. In addition to gaining understanding of your baby's language, you will also learn the practice of infant massage techniques that will help you and your baby bond through loving touch.

Location

820 N. Orleans St.
Suite 206
Chicago, IL 60610

Dates & Times

All sessions take place on Sundays
from 9 am to 10:15 am.

- **Session 1: October 21, 2018**
- **Session 2: October 28, 2018**
- **Session 3: November 4, 2018**
- **Session 4: November 11, 2018**
- **Session 5: November 18, 2018**

Price

\$125 for the full series

How to Register

Please contact Katie Caddell, LCSW at (312) 809-0298, ext. 8009 or kcaddell@wildflowerllc.com to register or ask questions.

A brief phone intake is required. Please note that this workshop is designed for moms and young infants (two to six months old).



Welcome, little one, to this world.

We have been together for a while, yet we don't know each other all that well. As I look into your eyes, I wonder: *How will we connect? How will you let me know what you need? How will I show you that I understand? How can I make sure you know that I will always be there for you?*

