



Birthing a Parent

A Creative Spiritual Support Group

Facilitated by
**Michelle Sepe, LCSW &
Kit Novotny, MDiv,**
Associate Minister
at First Church Berkeley
(& new moms
themselves)

This wild, miraculous, crazy f-ing thing just happened and now you're a totally new person.

Join this sacred space for new & newish moms to share in collective wisdom and therapeutically process the birth experience and the wild ride that is transitioning to new identities of parenthood.

4 Saturday Sessions

**Dec 14th 2019, Jan 25th, Feb 8th & April 18, 2020
1-2:30pm**

Location: Loper Chapel, First Church Berkeley UCC (enter Dana St)
Parking Lot Address: 2345 Channing Way, Berkeley 94704

Register by emailing michelle.sepe@gmail.com

*People of all faiths and none are very welcome
Pre-crawlers are welcome to attend!*