

Grassroots

Support for Growing
Families



Upcoming Workshops:

March Saturday	<i>Equinox Family Art Workshop</i> --find a balance in light and dark, sharing and keeping, self and the earth.
April 3 Saturday	<i>Sharks to Minnows</i> -- a workshop to understand and support your child through the preschool to K transition.
May Saturday	<i>Integrating Your Birth Story</i> -- a line here to describe this workshop...

Active Mom's Group?

Invite us to one of your meetings! We can facilitate a discussion on sibling conflicts/communication, daily transitions, stress-less art at home, mealtime struggles, transition to Kindergarten, more!

Starting soon! (June 2008)

Support Groups:

1st and 2nd time mothers -- postpartum depression -- couples -- mothers of biracial/bicultural children -- immigrant mothers

On-going offerings:

Developmental Consultation -- School/Child Fit Workshop-- Parenting Support -- Art Collaboration -- Breastfeeding Support

Fees: Sliding Scale; Everyone Welcome.

Register at: 510.395.4221

or information@gassrootsfamilies.com

We are: Anne Bauer, BA, graduate student, long-time teacher, and mother of two; Barbara Moura, Psy.D., PSY 21051, experienced mothers group facilitator, therapist, and mother of two; Molly Brannigan, MA, lactation counselor, facilitator, and mother of three; and Rachel Knudson, long-time art facilitator, artist, and mother of two.

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