

COMING  
FALL  
**2019**



**WESTCHESTER BIRTH & PARENTING PRESENTS:**  
**#Thisismotherhood** : A series of conversations  
and workshops to help us figure this sh\*t out

These events will feature engaging and honest panelists, Q&A and time for connecting with expecting, new and seasoned moms.

**Upcoming Topics:**

- Relationships in early parenting: partners, friends and "dating" new moms
- Sex, exercise and peeing your pants with your new pelvis floor
- "Hi, I'm Henry's mom", Exploring your new identity as a parent and comparison in a digital age
- Go the F\*ck to sleep
- Returning to work and exploring childcare options