

A SHORT INTERACTIVE WORKSHOP:

discover the joys, challenges, love and changes of becoming a mom



Learn what to expect in the
early stages of motherhood

Embrace MOTHERHOOD

ALL CATHOLIC MOTHERS



DATE: SATURDAY AUGUST 22, 2026

LOCATION: ST. BENEDICT PARISH, MILTON

300 Yates Dr, Milton, ON L9T 2W3

TIME: 9:00AM - 12:00PM

REGISTRATION FEE: The \$10 registration fee includes a delicious light breakfast featuring coffee, a selection of teas, croissants, fresh berries, and a few other surprises! To register, send a \$10 e-transfer with your name, parish, and cell number to: stbenedictsh@catholicmomsgroup.com

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



WORKSHOP FACILITATOR:
NELCY LOPEZ

Catholic wife and mother of three. Before devoting herself full-time to her family, she was a law professor at colleges and universities in Canada and abroad. Since 2021, she has served as the Catholic

Moms Group Leader at Saint Benedict Parish in Milton, where she joyfully accompanies mothers in their journey of motherhood and helps build a vibrant community of moms.



This workshop is based on a publication called *Your Life is Going to Change*, written by Dorothy Pilarski, which is available on Amazon.

- ♥ 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

Visit www.CatholicMomsGroup.com