



Parent Power-up



LIVE WEBINAR SERIES

BUILDING BONDS, BOOSTING WELLBEING



MENSTRUAL CYCLE MAGIC: LEARN THE SECRETS OF CYCLE-SAVVY PARENTING With Lisa Higgins

Join menstruation coach and founder of The Red Rebel Collective, Lisa Higgins, for an engaging and insightful workshop on how understanding the menstrual cycle can positively impact your wellbeing as a parent.

This session will explore how cycle awareness can help you navigate the challenges of parenting with more ease, balance, and self-care.

You'll learn about the natural rhythms of the menstrual cycle, how they affect mood, energy levels, and emotional resilience, and how to harness this knowledge to support your wellbeing as a parent.

Whether you're looking to better understand your own cycle or support a partner, this workshop will offer practical tools, tips, and insights to help you on your journey as a parent.

WEDS
9TH
APRIL
6:30-7:30PM

SAFE, SUPPORTIVE SPACE to reflect, share and learn from one another. Not a parenting boot camp!

Free/
pay what you can
spaces available



SUITABLE FOR mums, dads and caregivers of children of all ages.



→ WWW.CMK-CIC.ORG/WELLBEING-ACADEMY

INFO@CMK-CIC.ORG

[@CMKCOMMUNITY](https://www.instagram.com/CMKCOMMUNITY)