



Conscious Family Series *Parenting with Purpose, Presence and Peace*

Level One Seminar: Pre-conception to One Year Old

The Conscious Family Series is for those who want to do their best each day to love, cherish and respect their children, and who want to learn and grow from their roles. We believe that in order to accomplish these tasks, parenting must be a conscious endeavour, meaning that we are willing to examine ourselves, our background, beliefs, motivations, behaviours, and how these aspects affect the way we parent. Let's find the positives in the way we were parented, recognize the lessons we learned and empower ourselves to trust our own intuition and emerge as the parents we want to be.

Decisions made prior to conception, during pregnancy and in baby's first year of life provide the foundation for the creation of a conscious family. After attending this series, you will be inspired to take initiative to choose the style of caring for yourself and your infant that resonates with you and you'll be connected to the tangible tools and resources to support you on your journey.

The Conscious Family Series speakers, Denise Martin, Nicole Meltzer, Clare Sullivan, Christine Marrin and Meredith Deasley, all experts in their fields and mothers, whose children range in age from infant to teen, will be covering the following topics:

- ☉ Optimizing the health of the body, mind and spirit of mom and dad from pre-conception throughout pregnancy, through cleansing, emotional release and nutrition
- ☉ Understanding childbirth as a rite of passage, your birth team, pain coping options, setting the environment for welcoming your baby, the birth plan trap and the consciousness of infants
- ☉ And once baby has arrived.... Making the transition and finding balance; Baby B's: bonding, breastfeeding, baby wearing, bedding close, baby's communication; healthcare concerns such as postpartum depression, nutrition for parents and child, vaccinations, common childhood ailments; soothing techniques including CALMS and infant massage; and green living strategies including baby and cleaning products and air & water purification. And so much more.....

Date: Saturday, November 21, 2009 in celebration of International Children's Day

Location: Matrix Repatterning Centre - 33 Victoria Street, Aurora
(just East of Yonge St. & South of Wellington St.)

Schedule:

9:10 am	Registration
9:30 am - 12:00 pm	Seminars
12:00 pm - 1:00 pm	A light lunch will be provided
1:00 pm - 3:30 pm	Seminars

Cost: \$100 per couple
\$75 per individual
Babes in arms welcome

To enrol: Email Nicole Meltzer at clientcare@balancedbodymindspirit.com

**The following speakers are pleased to be
sharing their wisdom with you at the
Conscious Family Series:**

Denise Martin, CD (DONA), CLE (CAPP), LLLC Leader, Certified Breastfeeding Councillor, Postnatal Doula, Certified Childbirth Educator and Reiki Master; www.4theloveofthefamily.com

Denise has found tremendous inspiration in witnessing and supporting hundreds of women and their families during the passage of birth and their postnatal period. She is active in the community as a La Leche League Leader and doula by facilitating lectures and discussions on topics of prenatal health, breastfeeding, parenting and more throughout York Region and the GTA. Her skills and approach are guided by compassion, knowledge and training in many supportive modalities of care.

Nicole Meltzer, RMT, CHt, Reiki Master and Co-founder of Balanced Body Mind Spirit; www.balancedbodymindspirit.com

Through her specialization in fertility issues & prenatal care as a Registered Massage Therapist, Hypnotherapist and Reiki Master, Nicole helps parents conceive and achieve balance while on their journey into parenthood. Nicole was awarded the 2009 Readers' Choice Award for top Massage Therapist in Richmond Hill; has appeared on Daytime York Region; and has been interviewed by and written articles for various magazines and websites including Reiki News Magazine, Vitality Magazine and YorkRegionParent.com.

Clare Sullivan, BSc, ND, Naturopathic Doctor at Align Health Centre, Reiki Practitioner (Level I); www.alignyourhealth.ca

Clare was drawn to study naturopathic medicine because of its philosophy which blends new scientific knowledge with past healing traditions; a combination that provides a balanced approach to health and well being. Clare's practice focuses on family medicine where she strives to empower her patients on their journey towards wellness. She has a special interest in pediatrics, which focuses on couples hoping to become pregnant, pregnant women, new mothers and children from birth to 19 years of age. She is an active member of both the Canadian and Ontario Associations of Naturopathic Doctors.

Christine Marrin, BA, B Ed, FSL Specialist, Reiki Practitioner (Level I), Teacher, Green Living Expert and Parenting Coach; 905-836-6877

Christine taught for 8 years for the York Region District School Board where her first priority was to create an environment that allowed children to reach their full potential. This occurs when children are valued, honoured, and cherished. When her own children were born, she dove into motherhood with zeal, researching environmentally friendly products for her home. With her children as her spiritual teachers, Christine continues to delight in sharing each conscious moment with her family as they journey along their sacred paths.

Meredith Deasley, BA, RHN, RNCP, Reiki Practitioner (Level II) and owner of The Resourceful Mother; www.theresourcefulmother.com

After spending a decade in the corporate world, Meredith gave birth to two daughters, who reacted adversely to multiple foods and sent their mother on an entirely different path. As a result, Meredith has specialized in pediatric nutrition for the past decade, and teaches pediatric nutrition at The Canadian School of Natural Nutrition. Having studied the impact of food on children's health so thoroughly, she has recently authored a book, which is awaiting publication. Meredith has appeared on the "Body, Mind and Spirit" television show and written articles for various health magazines.