



BirthStories:

A workshop for mothers

- Saturday, May 10, 2025
- 10:00 – 1:30
- Location: The Iris Center, Fredericton, NB
- \$35.00
- REGISTER HERE: [Birth Stories](#)

BirthStories is an invitation to gather in a warm and supportive circle to revisit and reflect on our experiences of birth.

Birthing a baby is a life-changing event, and the process itself can be dramatic, intense, wonderful and terrible, all at the same time. Our state of mind during labour and birth is different from our usual waking consciousness, and that influences how we remember the event.

Memories of birth can be fragmented and disjointed, and we may have unanswered questions about our experiences. We may find this uncomfortable or disturbing, and wonder if it is normal. Remembering the pathway through birth helps us to make sense of our experience. In the BirthStories workshop, we will use mindfulness, art, and music to help memories to emerge and integrate, to put the pieces together in a meaningful way.

Your fee will cover the cost of supplies and support The Iris Center's programs. If the amount is a hardship, please ask about support.

Shelley Langmaid, B.N., R.N., Childbirth Educator

Leslie Ann Costello, Ph.D., L. Psych