



**Calling All Mothers!
2 Hours to Reset, Recharge, &
Reclaim Your Calm!**

EMPOWERED MOTHERHOOD

When:

Tuesday April 29th
6:00 - 8:00pm

Where:

Virtual - Because you're
juggling enough already!

Hosted on Zoom | Link will
be emailed upon sign up

**EMAIL TO REGISTER!
IT'S FREE!**

What You'll Experience:

- ✓ Stress Awareness & Emotional Intelligence
 - Understand your stress responses
 - Recognize emotional triggers and patterns
- ✓ Mindfulness & Coping Tools
 - Practical ways to stay calm in chaos
 - Grounding and breathwork techniques
- ✓ Self-Compassion & Resilience
 - Replace negative self-talk with self-kindness
 - Discover what fuels vs. drains your energy

Perfect For Moms Who Want To:

- ✓ Show up with more peace & presence for their families
- ✓ Reconnect with themselves beyond the role of "mom"
- ✓ Create healthier boundaries without guilt
- ✓ Break free from burnout and step into a calmer, more confident version of themselves

BONUS: INCLUDES A DOWNLOADABLE WORKBOOK + GUIDED JOURNAL PROMPTS!

Presented By:

Amy Haydak is a licensed clinical social worker, mental wellness coach, and GoZen! workshop presenter with 10+ years of experience supporting children, parents, and educators. She specializes in emotional intelligence, trauma, and building strong, connected relationships—both professionally and as a mother of two.



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