

Hello!

Spring is in the air and we have a lot to look forward to this month. I am excited about the return of Mom's Talk, our class dedicated to expecting and new mothers, taking place every Thursday.

I hope to see some of you at our Baby Bump Social on Thursday, March 14, where you can meet other expecting parents, ask our experts your questions, enter a raffle to win amazing prizes, and partners can take pictures with the Empathy belly.

As always, I'm available for any consultation needs you may have, please reach out for anything, we are here for you.

P.S. We will be closed on Sunday, March 31 to observe the Easter holiday.



Gabriela Gerhart,
Motherhood Center Founder & President

A handwritten signature in pink ink that reads "Gabriela Gerhart".



World Doula Week March 22 - 28

March 22 is the beginning of **World Doula Week**, a time to empower doulas all over the world to improve the physiological, social, emotional, and psychological health of women, newborns and families in birth and in the postpartum period.

At the Motherhood Center, we deeply value the trust you placed in us by choosing our **postpartum doula services**. If you are currently working with one of our trusted caregivers, let them know how much you appreciate their support and guidance.

[Learn More](#)

March Baby Bump Social

Our most popular event is happening Thursday, March 14, 6:00 - 7:30 PM. Join us for this complimentary event where you can mingle with other expecting parents, enjoy light refreshments, enter our raffle to win prizes, tour Motherhood Center, take photos, and ask our experts your questions.

Raffle Prizes Include:

- One 60 Minute Massage Service
- One Education Class for a Couple
- 5 Class Fitness Pass (Yoga/Pilates)

[Register Here](#)



The Return of Mom's Talk

Our Mom's Talk (Thursdays at 11:15 AM) will cover and discuss many topics around motherhood and baby's life so that you can feel empowered and perhaps learn something new along the way.

Led by Founder Gabriela Gerhart, this nurturing circle/support group is a great way to connect with other Houston Moms (expecting and new) while sharing and growing together as you navigate what motherhood looks like for you.

This class is BYOB - Bring Your Own Baby.

[Register Here](#)





Gabriela Joins Sydenham Clinic for "Ask Syd" Podcast

Gabriela recently participated in the Sydenham Clinic podcast, "Ask Syd". Watch as she shares insights into the principles of functional medicine and how they can be applied to enhance the well-being of expecting mothers. Whether you're a mom-to-be, a healthcare professional, or simply interested in holistic wellness, this episode promises valuable perspectives on navigating the beautiful and complex landscape of motherhood.

[Watch Here](#)

Updated Health & Wellness Class Schedule



MONDAY

Prenatal Fitness & Pilates **6:00 PM - 7:00 PM**

TUESDAY

Mom & Baby Yoga **10:45 AM - 11:30 AM**
 Prenatal Yoga **12:00 PM - 1:00 PM**
 Prenatal Yoga **5:30 PM - 6:30 PM**

WEDNESDAY

Prenatal Yoga **12:00 PM - 1:00 PM**
 Prenatal Yoga **5:30 PM - 6:30 PM**

THURSDAY

Prenatal Yoga **10:00 AM - 11:00 AM**
 Mom's Talk **11:15 AM - 12:00 PM**

FRIDAY

Mom & Baby Yoga **11:00 AM - 11:45 AM**
 Prenatal Yoga **12:30 PM - 1:30 PM**

SATURDAY

Prenatal Fitness & Pilates **9:00 AM - 10:00 AM**

[Register Here](#)

Infant Colic Awareness Month

March is Infant Colic Awareness month. Infant colic is a perplexing phenomenon that affects countless families during the early months of a baby's life.

Our blog has some tips on how to help comfort your newborn during this time.

[Visit Blog](#)

