



SUPPORT GROUP

REWILD MOTHERING

Mothering as rite of passage, Nature as guide.

FACILITATED BY

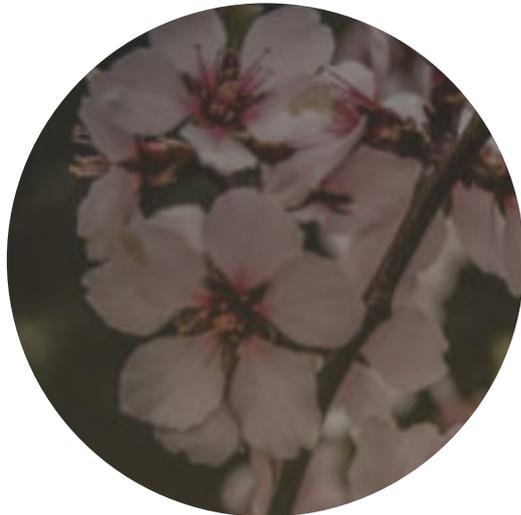
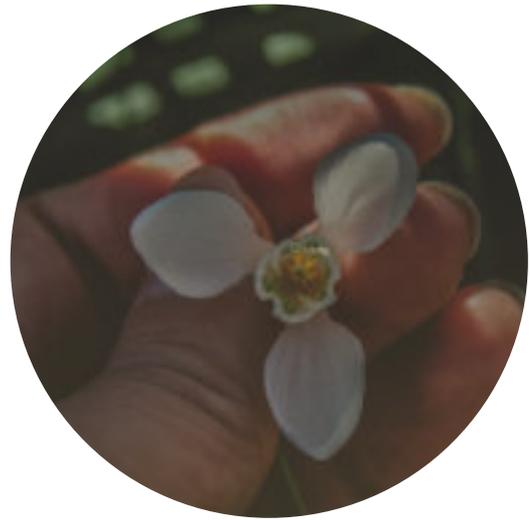
Allie Davis, MS, LPCC, PhD

MODULE 01

remember

Do you feel overwhelmed, severed from sources of replenishment and craving meaningful connection to self, nature and spirit? Do you seek an approach to mothering that parallels the depth, power, and beauty of Nature?

Remember respectful relationship with Nature, discover and trust truths that will guide you and your family for the rest of your lives. Regenerate with wild nourishment and illuminate your internal landscape so your nature can match the harmony of Nature.



MODULE 03

rewild

Has mothering awakened in you a deep concern? Do you yearn to address the limitations of overcivilization and the resulting harm to our families and our planet?

Rewild your motherline, your place as embodied ancestor, with sacred responsibility to care for the knowledge and resources that protect and sustain life. Approach mothering as a revolutionary act, reshaping the story of our time from one of separation and domination to one of interconnectivity and justice.

MODULE 02

reclaim

Do you feel lost or unseen on your mothering journey? Wondering who you are or feeling like parts of yourself have been left behind or are lying dormant? Do you feel lonely and isolated, distanced from the beings and things you treasured before becoming a mother?

Reintegrate “you” into your mothering by breaking down limiting beliefs and falling deeply in love with your authentic natural self. Reclaim belonging in your life as you anchor into the wisdom of Nature and your ancestral motherline and mend and tend the webs of mothering support.



Group Structure

A 60 Minute Initiatory Assessment to comprehensively examine your holistic wellness so you can honor your strengths, identify where you are on your path, and evaluate the work you want to do.

Six 30 Minute Course Modules that lay out a pathway defining this approach to holistic maternal wellness so you can fall deeply in love with your natural self and root confidently into who you are and your powerful role.

6 Weekly Self-Guided Eco-Art Experiences to connect you with yourself and the land so that you can discover resources to support and guide you and your family for the rest of your life. Can be done alone or with children!

6 Nature-Centered Guided Meditations to help you relearn the non-verbal language of mother Nature and rebuild relationship with more-than-human beings so you can reopen to communion with yourself and the natural world for lifelong rejuvenation through the therapeutic benefits of the wilderness.

Access to Rewild Mothering's Private Community Forum so that you can share with and learn from the rewild mothering community on your own schedule.

Two 60 Minute Mother Councils to honor, contain, and celebrate the sacred work of the program so that you can feel held by a community of mothers on the same rewilding journey.

Six 90 Minute Mother Circles so you can build intimacy with other mothers who gather in deep and intentional ways to celebrate one another's triumphs, soothe one another's difficulties, and help us embody our shifting/evolving identity.

A 30 Minute Closing Call to map a supportive pathway forward so you can continue your journey embracing the wild within and weaving yourself back into the deep and fertile soil of Nature.



Thank You for sharing

I'm Allie Davis, a holistic mental health counselor who focuses on maternal wellness from a nature-centered therapeutic orientation. The next "Rewild Mothering" support group starts April. 5th 2021. It's completely virtual, with group meetings held over video conference. Schedule a call at the button below to learn more or call (505) 216-6352.

Allie Davis, MS, LPCC, PhD

HOLISTIC MENTAL HEALTH COUNSELOR, EDUCATOR



book a consultation