

The Little Miracles Trust Listening & Sharing session

www.littlemiraclestrust.org.nz



'Birth Trauma'

7pm Monday 4th September 2023

Kate will briefly cover what birth trauma is, common causes, how it can impact, and, importantly, how we can find healing. There will also be time for questions and kōrero.

Birth Trauma Aotearoa undertakes education, advocacy, research and support with the aim of reducing preventable birth-related trauma and improving support following it.

Kate is a full-time, Manawatū-based Mum to two little ones. Kate's work in the birth trauma space started around 7 years ago when she had her eldest. Following her daughter's birth experience, which included a NICU stay, Kate searched high and low for resources to help her make sense of the experience. When she couldn't find anything she set about creating the My Birth Story birth trauma support website.

Since launching My Birth Story in 2018, Kate's mahi evolved to include advocacy and education highlighting the need for this work in Aotearoa. Recognising this need for representation of the birth trauma community, Kate established Birth Trauma Aotearoa, a charitable trust providing education, advocacy, research and support regarding both physical and psychological birth-related harm.

Kate's My Birth Story www.mybirthstory.org.nz

Tickets \$10 | Register here

Or email us info@lmt.org.nz for further information

The Listening & Sharing session will be facilitated by The Little Miracles Trust

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