

CITY MOM
COLLECTIVE.



bloom

A CELEBRATION OF MOTHERHOOD



MIAMI MOM
COLLECTIVE.

WEDNESDAY // MAY 11, 2022



Baptist Health
South Florida



Dr. BOB
PEDIATRIC DENTIST



*Special thank you to our photography partner for the beautiful images included:
Sasha de Almagro Photography*

*Thank you to our Program Sponsors:
Over the Spoon, ABC Fit Collective, SAFE4KIDS Tummy Shield, Gymboree Miami!*

Thank you to Simply Dreamy Photo and EroZ Films for capturing tonight's event.

Thank you to DuElite Productions for providing our audio needs.

Thank you to our outstanding event decor team including One Rose FL, The Flower Walls Co Miami, and Pipa & Belu.

Thank you to Illiet Ojeda for her tireless work and service as Miami Mom Collective's Event Coordinator.



C I E R R A
B R A G A N



founder

hey mama!

We are overjoyed that you have joined us for our 4th Annual Bloom Event: A Celebration of Motherhood! You'll hear me say it a lot around here but I truly believe that although motherhood is hard, it doesn't have to be lonely. We are here for you and we are grateful that you have chosen to join us tonight.

Miami Mom Collective exists to encourage, equip, and empower you Mama. Our team of 50+ local Moms desire to serve you by providing quality resources, outstanding events, meaningful experiences and most importantly, a kind, inclusive, and authentic community where you can thrive!

Since our launch in July 2018 we have partnered with more than 500 local and national brands and hosted more than 60 events for moms and families throughout Miami. Our greatest joy is the incredible community of women (including you!) who make Miami Mom Collective so special.

However you feel when you come to a Miami Mom Collective event, we hope you leave with one overall feeling:

that of being known & seen in your motherhood.

Inside you'll find our schedule for tonight, content and QR codes to find our local resource guides online. A HUGE thank you to the 70+ brands involved in tonight's event. We know you will love getting to know them.

Now - let's get this celebration started!

SOCIAL SHARE GIVEAWAY

share the excitement



Anytime you post about Bloom on your personal Facebook or Instagram accounts during the event or the day after, you'll be entered to win a 2 night stay at Trump National Doral Miami and breakfast daily for two at Champions Bar and Grill, plus 1 signature massage.

Post on your personal social media accounts with pictures of the event, your swag bag, the sessions and more! Here's what to do for your entry to count:

TAG: @miamimomcollective
HASHTAGS: #miamimomcollective
#MiamiBloom2022

**EVERY POST COUNTS
AS AN ENTRY SO DON'T BE SHY!**

If you don't snag this giveaway, you can still book a staycation and take advantage of the special Florida residents rate.



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A CELEBRATION OF MOTHERHOOD

5:30 - 6:30 | ATTENDEE CHECK-IN

6:00-7:30 | MINGLING WITH VENDORS

7:30 | ACRO GRAVITY ACADEMY SHOW

8:00 | GIVEAWAYS CLOSE
AND EXPERT PANEL BEGINS

8:45 | CAROLINE PARTY SPECIAL GUESTS

9:00 | GIVEAWAY PRIZE PICKUP

10:00 | THE DORAL YARD CLOSES

Winners will be listed on the giveaway table by 9:00pm.
Check your giveaway tickets to see if you've won.

OUR HOST

The DORAL YARD

DOWNTOWN DORAL



from one #MiamiMom to another



ZOE
mom of two

Being a military spouse has been an honor and a great privilege. But it also has had its share of challenges as well. The biggest challenge for me has been being away from my family and friends and having to hit the “pause button” on my career.

I found Miami Mom Collective through a sleepless night with my 3 year old, just searching for activities to do around the area. In reality, I was craving community and to not feel so alone through my journey in motherhood in the Magic City. I quickly realized that Miami Mom Collective is so much more. This is a beautiful community of moms, who are just like me, who want to support other moms and inspire them to know that it is okay to be a mom and still dream bigger.

My heart is filled with so much joy and gratitude to be a part of such a wonderful community. If you don't have a tribe yet and are new to the Miami area, lean in and reach out to this one. We are ready to welcome you in with open arms!

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JANE MÉNDEZ, M.D.

Jane Méndez, M.D., FACS, is a surgical oncologist at Miami Cancer Institute. Board certified by the American Board of Surgery and fellowship trained at New York's Memorial Sloan-Kettering Cancer Center, Dr. Méndez specializes in the treatment of breast cancer and performs all types of breast surgical procedures. She received her undergraduate degree from Harvard University and her medical degree from Mt. Sinai School of Medicine in New York. She also completed a surgery residency at Mt. Sinai Hospital.

Prior to joining Miami Cancer Institute, Dr. Méndez gained extensive experience as a surgical oncologist at Boston Medical Center, where she served as president of the medical and dental staff. She also served as director of surgical clerkship and associate professor of surgery at Boston University School of Medicine. Renowned for her patient care and advocacy, Dr. Méndez is passionate about educating patients and advancing breast cancer awareness and prevention outside the hospital setting, in the community and at national meetings.

meet our expert panel speakers



MELISSA ACEVEDO, M.D.

Dr. Melissa Acevedo was born and raised in Miami, Florida, where she attended Florida International University for her undergraduate studies. After graduating Magna Cum Laude with a Bachelor's Degree in Biology, she moved to New York to pursue her medical education. She attended New York University for both her medical degree and her residency training. During residency, Dr. Melissa Acevedo was involved in research related to bariatric surgery and menstrual dysfunction. She was also Chief Resident during her final year of residency and was closely involved in education.

After eight years in New York City, Dr. Acevedo moved back to Miami, to work as a general Obstetrician and Gynecologist in South Miami. She strives to be personally involved in her patients' obstetrical care and guide their path through delivery and the postpartum period. Her clinical interests also include gynecologic surgery, contraception, management of abnormal pap smears, and helping empower women in understanding their gynecologic health.

In her free time, Dr. Acevedo enjoys visiting the Florida Keys and spending time with her family and friends. She recently welcomed two new additions to the family, Logan and Lucia, who have given her a unique perspective on twin pregnancy and motherhood, and have brought an abundance of joy.

meet our expert panel speakers



MEREDITH WESTHEIMER, FLORIDA PREPAID

Meredith Westheimer is a Senior Director for the Moore Agency, a full-service communications firm headquartered in Tallahassee. Based in the firm's West Palm Beach office, Meredith serves as the agency's lead for media and influencer relations, including for Florida Prepaid, the state-backed college savings program. But she also knew a thing or two about the program before becoming an official spokesperson. As a Florida native and Prepaid beneficiary, Meredith knows what it feels like to graduate college debt-free! And as a mom today, she can also authentically share why she has chosen a Prepaid Plan for her kids.



CHRISTOPHER BOB, DMD

Born and raised in Miami, Dr. Christopher Bob is excited to bring his care and passion for pediatric dentistry back to his hometown. After earning his Bachelor of Science degree at Florida State University, Dr. Bob attended the University of Kentucky College of Dentistry where he pursued his childhood dream of becoming a dentist. Upon completing dental school, he furthered his education at Miami Children's Hospital where he obtained his specialty degree in Pediatric Dentistry. Dr. Bob received advanced training in the diagnosis, care, and prevention of childhood oral disease including conscious sedation, hospital dentistry, and the treatment of patients with special healthcare needs. Currently Dr. Christopher Bob is a Junior Faculty Member of the Dental Residency Training Program at Miami Children's Hospital. This position allows him to pass on his knowledge and experience, as well as continue to enhance his own abilities as a Pediatric Dentist. Dr. Bob is a proud and active member of the American Dental Association, the Florida Dental Association, and the American Academy of Pediatric Dentistry.



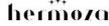
EVA BENMELEH, PHD, CLINICAL PSYCHOLOGIST

Dr. Eva Benmeleh is a clinical psychologist whose work focuses on unraveling perfectionism in children and adults, cultivating awareness of its negative effects, promoting changes in mindset, and enhancing communication and relationships. Dr. Benmeleh is bilingual in English and Spanish. She offers services via telehealth.



my notes





TO OUR 2022
BLOOM VENDORS

Thank you



it's time to sign up for summer camp!

MIAMI MOM COLLECTIVE™
GUIDE TO SUMMER CAMPS IN MIAMI
PRESENTED BY



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from one #MiamiMom to another



BECKY
mom of two

You are not enough. Neither am I. None of us are. As moms, we feel pressure to be all the things, do all the things, all the time. The truth is, we can't. The good news? God's grace is enough. He meets us where we are -- the 3AM feeding, the carline at school, the tough diagnosis, the college send-off -- and sustains us. So despite our shortcomings, bringing Him into the equation better equips us to be the strong, consistent, loving mom we all wish to be. And lastly, try not to stress the loudness, the messes, and all-encompassing chaos of it all. One day the toys and the sippy cups (all 45 of them) will disappear. The calls for "Mommy!" and the sloppy kisses will be far less frequent, and we'll miss the days we were the center of their universe. So let's put our

phones down, hug them hard, breathe them in, and revel in the little moments. Those will be the ones our minds wander to once they've grown.



MIAMI MOM COLLECTIVE™

Water Parks, Pools and Splash Pads

AROUND MIAMI



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from one #MiamiMom to another



HOLLY

*Mom of 2 and
Grandmother of 3*

I love everything about being a mom and every season of motherhood. What I did not realize is that it really does go so quickly and I needed to slow down the urge to get to the next stage of my child's development. They are only a baby so long, a child so long and a teenager sometimes seems too long. But seriously, moms, slow down, smell the roses, enjoy the stage. Hug a little longer, play a little longer and know that you are doing better than you think you are. I am now a grandmother and feel like I have been rewarded for all those years of blood, sweat and tears. I have learned that motherhood is a set apart role with lots of responsibility, but it also brings the sweetest moments of life that can only happen between a mom and her children!



SCAN THE QR CODE TO VISIT **OUR GUIDES**



**8
MUST-TRY
MIAMI
ICE CREAM
SHOPS**





KRYSTAL
*Mom of 1 and
stepmom*

I did what any millennial mom would do and turned to the world of Social Media to find friends. If putting out an ad for friends on Craig's List was socially appropriate, I would have done that too. But a simple search on Facebook brought me Miami Mom Collective and really the rest is history. I dove in head first and embraced any mom who attended events, wrote a post, or simply liked a picture on IG. And now, I can't imagine doing motherhood without this COMMUNITY. My Mom Squad.

From one #MiamiMom to another

My motherhood experience was beautiful and confusing. I didn't have many mom friends when I started so I had support from family and some friends but hadn't found a real community that understood me. Finding Miami Mom Collective has been a true blessing. My support system doubled, and I've never been the same.

A piece of advice I'd give my new mom self is to take each step slowly, be present, and learn from your child's cues. Find a community of mothers that can give you honest opinions. If you have questions, ask them and never, ever feel ashamed of asking for help!



ANA-SOFIA
Mom of 2



OUR FEATURED NON PROFIT MIAMI DIAPER BANK

The Miami Diaper Bank is a 501(c)(3) nonprofit group that supports low-income families and babies with diaper need throughout South Florida. They collect, store and distribute free diapers and essentials to other nonprofits, family service agencies and shelters in our community. Their goal is to ensure that every baby in South Florida has enough diapers to remain clean, dry and healthy. To date they have distributed more than 5.1 MILLION diapers to families in need.



WWW.MIAMIDIAPERBANK.COM

From one #MiamiMom to another

Here's the deal. We're not only better together, but we thrive when we're together. Research shows that we were designed for community. We have a community-size hole in our heart and we're missing out on our best selves when we don't fill it, so come and join us! You don't have to "mom" alone. From one Miami Mom to another, you are welcome at our table. P.S. There will probably always be croquetas and cortaditos involved!



JANELLE

Mom of 2

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TO OUR GIVEAWAY AND SWAG PARTNERS

Thank you

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WITH BING BONG EVENTS | 6.4.22

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BIRTHDAY BASH | JULY 2022



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