

Rediscover the woman you were in the mother you are

The brainchild of founder Dale Knowles-Gaylard who found her needs as a new mum were not being met, Triba is a one-stop, member-based centre where wellness is distributed both physically and intellectually to women in motherhood, while their children's well-being is ensured. The cornerstones of the Triba service offering are support, networking, space and time. Translated into services and facilities, these include a variety of offerings to women – from napping in an elegantly appointed sleep room to doing Internet research in the library, chatting over a cup of coffee or networking – while their children are cared for or enjoy some form of extra-mural activity on offer. For more information, go to www.tri-ba.com.

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