



MOTHERS AND BABIES GROUPS

HELPING PREGNANT WOMEN AND NEW MOMS
IMPROVE THEIR EMOTIONAL WELLBEING

CONTENT INCLUDES

- Support for healthy communication, stress management, and healthy bonding with your baby.
- Helpful information about your pregnancy and your baby's development.
- Strategies, including mindfulness practices, for paying attention to your mood.

6 WEEK SESSIONS

Plan to attend all 6 sessions
Tuesdays at 1:00pm (2 hours each)

- Session 1 Oct 6, 13, 20, 27 and Nov 3, 9
- Session 2 Nov 17, 24, and Dec 1, 8, 15, 22



Mothers & Babies is an interactive program that shares useful tools and skills to help pregnant women and new moms manage stress and/or reduce symptoms of depression. Once learned, moms always have these skills and can use them in many aspects of their lives.



This is an important time for you and your baby. Taking care of your emotional well-being will have a positive impact on both you and your family for a long time to come.



"The information in each [Mothers & Babies] session was vital for my mental and overall health...even my kids noticed a difference!"

- Mother and MB Participant



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