

NEW Parents Connect: Nurturing Emotional Well-Being



Expecting your first baby?
Join this research program to have a positive start!

The program starts in pregnancy with a 6-week online group and continues after your baby arrives with an additional 6-week group. Your partner or a support person can attend with you.

It includes:

- Practical skills for managing the joys and challenges of becoming a parent
- Skills and information to prepare for childbirth
- Mindfulness-based stress management that can be applied to birth or parenting
- Self-care tools that support calm and connected parenting



*Classes will be facilitated by
Shayla Collins & Becca Calhoun*

\$40
gift card for
EACH
completed
questionnaire

You will be asked to complete 4 online questionnaires and will be given a gift card for each that you can redeem at many stores such as Safeway, CVS, Amazon, Target and Lyft.

You may be able take part in the study if:

- You are expecting your first baby
- Have a household income of less than \$45,000
- Your due date is between Dec 1, 2022 and Jan 15, 2023



**For more information and
to sign up, contact:**

253.693.8282
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