




NEW Parents Connect: Nurturing Emotional Well-Being



Join this free program to help support your growing family!

The program is a 6-week online group for new parents that meets once a week for 90 minutes. The parent who gave birth will be invited to fill out research surveys and your partner or a support person is welcome attend the program with you.


The online classes include:

- Practical skills for managing the joys and challenges of becoming a parent
 - Skills and information to connect with and support your baby
 - Self-care tools that support calm and connected parenting
 - An opportunity to connect with other new parents and to learn together
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Receive
\$95 in gift
cards for 2
completed
questionnaires

You will be asked to complete 2 online questionnaires and will be given a gift card for each (\$45 for the 1st and \$50 for the 2nd) that you can redeem at many stores such as Safeway, CVS, Amazon, Target and Lyft.

You may be able to take part if:

- Have a household income of less than \$50,000
 - You are due or your baby was born in July - December 2023
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**For more information and
to sign up, contact:**

253.693.8282
newparents@uw.edu

*"The exercises helped me be more present with myself
and my baby. I felt safe and really loved the class! "*

- NEW Parents Connect Participant

