

# NEW Parents Connect: Nurturing Emotional Well-Being

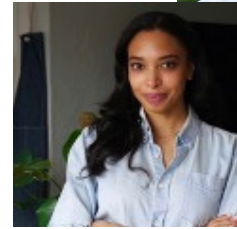


Join this free program to help support your growing family!

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



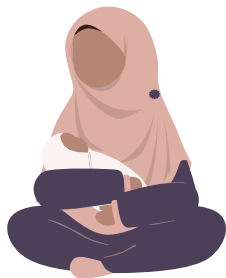
*Classes will be facilitated by  
Shayla Collins &  
Dannielle Whiley*

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 \$45,000
- Your baby was born in December 2022 or January 2023



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

253.693.8282  
newparents@uw.edu

