



# NEW Parents Connect: Nurturing Emotional Well-Being



Join this free program to help support your growing family!

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
- An opportunity to connect with other new parents and to learn together

\$180 in  
gift cards for  
completing 4  
questionnaires

You will be asked to complete 4 online research questionnaires and will be given a \$40 - \$50 gift card for each that you can redeem at many stores such as Safeway, CVS, Amazon, Target and Lyft.

## Past participants have said:

*"I found every aspect of the course helpful! There is not one thing that I could say didn't positively influence my new way of thinking and learning. It was truly an amazing class."*

*"The class gave me the overall confidence to handle the unknown better with multiple useful tools and exercises. I got self satisfaction in befriending my fears of birth and future parenting."*

You may be able to take part if:

- Have a household income of less than \$45,000
- Your baby is due in July or August 2023

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

253.693.8282  
newparents@uw.edu

