Preparing for Baby

sagent Behavioral Health

Group Learning For Expecting Parents

Are you expecting a new addition to your family? This class provides a supportive environment for you and your partner while you prepare for parenthood. Led by an experienced therapist, you will gain concrete skills and strategies for parenting a newborn.

Who will benefit from this group?

If you or your partner is pregnant and expecting a baby, this class can help get you ready for parenthood.

What will you learn from this group?

You'll discover how hormone changes impact emotions, the warning signs of perinatal mood disorders, and how to navigate changes in your household and relationships. You'll also learn practical tips for how to soothe a baby and get them to sleep, how to handle the many emotions of a newborn, as well as how to support partner intimacy after pregnancy.

Your Facilitator

Stephanie Kolhei
PsyD, LP, PMHc

Second Tuesday of every month | 5:00 – 7:00 p.m. | Telehealth

Contact your therapist with questions, or to enroll!

www.sagentbh.com | @sagentbh