NYSTROM & ASSOCIATES

Preparing for Baby Class

Baby on the way? We can help get you ready.

Our Preparing for Baby class provides a supportive environment where you and your partner can learn how to get ready to become parents. Led by one of our expert therapists, this group will give you concrete skills and strategies you need to take on parenting a newborn.

Facilitator: Stephanie Kolhei, PhD PMHc

Who will benefit from this group?

If you or your partner is pregnant and expecting a baby, this group 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, as well as how to have sex after pregnancy.

Thursdays, 1pm – 2pm | Telehealth | 1st and 3rd Thursday of the month

Contact your current Nystrom therapist with questions or to enroll.

1-844-NYSTROM (697-8766) | www.nystromcounseling.com | @nystromcounseling