

Transition to Parenthood Support Group - 2019



Fourth Tuesday of every Month (except the Meet and Greet) - **11 a.m.-1 p.m.**
NS Everett, Bldg. 2000, Room 109 Participants can bring their lunch during the sessions.

• Meet and Greet

Tuesday, Jan. 8

Meet and network with fellow support group members, get introduced to what the support group is all about, and go over topics that will be covered and the speakers who will be presenting.

• Stress Management & Self-care Techniques for Parents

Tuesdays, Jan. 22/July 23

Learn relaxation techniques to better handle difficult emotions, stress, and improving self-care.

• Transitioning Back to Work

Tuesdays, Feb. 26/Aug. 27

Discuss balancing work and parenting obligations, separation anxieties, working full-time/part-time, and evaluating childcare options.

• Mental Health and Wellness Checkup

Tuesdays, March 26/Sept. 24

Discuss post-partum adjustment issues including perinatal mood and anxiety disorders, sleep hygiene, and when to seek professional help.

• Building Your Sound Relationship House After Baby

Tuesdays, April 23/Oct. 22

Discuss aspects of John Gottman's *Bringing Baby Home* curriculum, the latest research about transition to parenthood, healthy parent engagement, couple bonding, and communication.

• Budgeting After Baby

Tuesdays, May 28/Nov. 26

Discuss financial planning tools and tips for new families, the importance of saving, and creating a financial plan.

• Resilient Parents Make Resilient Families

Tuesdays, June 25/Dec. 17

Explore marriage/relationship issues, reintegration with family, religious/spiritual wellness and support, information about CREDO retreats, and other marriage/relationship enrichment resources.



Open to Active Duty parents only.

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425-304-3713/425-304-3711