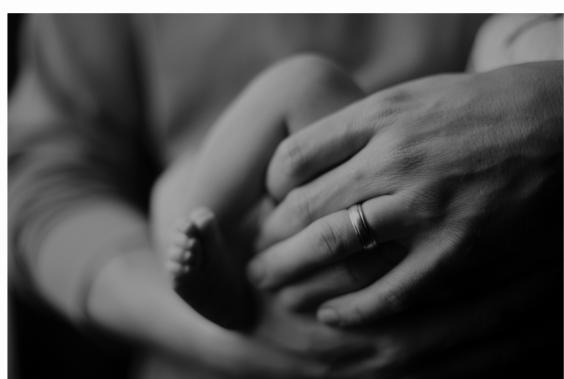


Are you a new parent, expecting to be one, or supporting one?  
Learn skills and tools to encourage a healthy, happy family.

## Online Workshop Series

# Beyond Birth: Support and Community for New and Expecting Families



Welcoming a new baby can be both exciting *and* overwhelming. Join expecting and postpartum mothers, partners, and others interested in creating a more nurturing first year for families with a new child.

**Connect:** with one another, resources, and organizations that can ease the transition and provide support during the perinatal period.

**Discuss** common fourth trimester challenges and solutions including how to maximize rest, balance personal needs with caregiving, adjust to parenthood, nurture postpartum relationships with clear, compassionate communication, divide household responsibilities to maximize efficiency, celebrate rites of passage, be proactive around healing processes, understand postpartum mental health basics, eat for optimal nourishment, and more.

**Organize** personalized plans for making the fourth trimester and beyond smoother for the whole family.



**Wednesdays, 5-6pm PST, Feb. 22nd - March 9th \$24,**

**Register at: [SLOAdultSchool.org](https://SLOAdultSchool.org)**

