

Tuesday, December 10

- Mindful Mothers Class - 6:00pm
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Mindful Mothers Class

Time: 6:00pm

Created to provide support for new mothers as they transition from pregnancy into parents, this class will discuss ways to enhance mental and emotional health in the first 12 weeks after delivery (the 'fourth trimester'). Planning for this time period is as important as planning for labor and delivery, and is open to women in their third trimester of pregnancy and up to 12 weeks after delivery. We will discuss ways to maximize your emotional health and wellness, bonding with your baby, how to ask for help, and ways to adjust to your new life as a mother.