

GOTTMANS Bringing Baby Home



Workshop

MARCH 19TH
6:30PM - 7:45PM

Reconnect with each other and nurture babies well being



Includes Guided Handout

Sign up Now
\$50

WHATS TAUGHT

- Habits to nurture your bond after a baby
- Stop stress from becoming conflict
- Express needs without confrontation
- Recognize normal baby blues vs. when to seek help



Mike Shihadeh, LPC



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with any questions!