

Beyond The Swaddle

An In-Person Support Group for Expectant & New Parents



Details:
Mid-February
In Eagle Rock
Mondays 1- 2:15 Pm
\$50/Group



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Rose Beach Family Therapy
Los Angeles
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Supervisor:
Sarah Cella Kutrumbos,
LMFT

Expectant & newborn parents will gain:

- Increased **support** from core relationships through emotion-forward communication
- A better **understanding** of how attachment science can safeguard against family distress
- A more holistic **perspective** of pregnancy and the first three months post birth
- Gained **awareness** about the signs of postpartum depression and anxiety for both parents
- **Tools** for greater connectivity to self, partner, and baby to bring better balance and promote grounding
- **Resources** to access at various stages of parenting

To register please email Elizabeth Burk:
elizabeth@rosebeachfamilytherapy.com