

# *Mindful Parenting for New Moms and Their Babies (Newborn - Pre-crawling)*

Becoming a mother is a life-changing experience. It can be a time filled with joy as well as worry and stress. This class provides you with mindfulness-based stress management tools to navigate the transition to parenthood with calm and confidence and to help your baby thrive. If you are you a new parent (or know someone who is), join us in a supportive and relaxing environment to learn how to:

Strengthen the infant-mother bond

Soothe our babies through soothing ourselves

Maintain calmness even during stressful parenting moments

Manage postpartum blues, anxiety, and birth trauma



Fridays: May 12-June 16

11:30am-1pm

At UCI Susan Samueli Center Clinic

1202 Bristol Street, Suite 200, Costa Mesa, CA 92626

Cost: \$240

<https://www.sscim.uci.edu/register/>

For more info, contact Susy Halim, MA, MS at 949-436-9638

or Sapna Chopra, PhD at 714-496-1328

or check out "Mindful Families of Orange County" on Facebook