



Managing Stress in Pregnancy and Parenting

Do you want to learn more strategies for adjusting to being a parent and how to cope with the transition?

This is a virtual 12-week stress management group for new and expecting individuals who identify as being a mother, up to two years after birth or adoption. This is a safe space for everyone to share and grow. There will be opportunities to learn about infant/child development, healthy bonding with your baby and tools to promote a healthy mood in pregnancy and early parenthood

When/Where: Thursdays beginning March 16, 2023 from 11am - 12pm via Zoom.

If you are interested in participating in this group, please call Meagan at (802) 540-1840 or Emily at (802) 540-8974. They will be able to provide you with additional information and instructions on how to register.

We accept most insurance including Medicaid. If you are uninsured, please check with our Patient Support staff to see if you qualify for our Sliding-Fee Scale or other financial assistance programs.

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