

## Mother Baby Partners Support Group

This program is for the partners of pregnant or postpartum women who are looking for additional help navigating the individual and relationship challenges of parenthood. This program covers educational topics related to birth and parenthood, helps develop coping and mindfulness skills, addresses relationship changes and communication best practices, and provides general emotional support.

### Program Details

- ▶ Offered Virtually
- ▶ Meets twice a week for 60 minutes

### Who is eligible?

- ▶ Partners of moms who are expecting or have a new child up to 18 months of age
- ▶ Individuals experiencing emotional distress or impaired functioning due to parenthood
- ▶ Those who are wanting support navigating relationship changes, disruption, or conflict due to parenthood
- ▶ Most health insurance plans provide coverage

### What can I expect?

- ▶ You will be given information on how to connect virtually from the Mother Baby Registration Team
- ▶ You will be emailed a workbook to follow along for skill building
- ▶ You will attend 2 group sessions a week, for 60 min each
- ▶ If you already have an individual therapist, you can continue to work with that person or can establish care with someone at Nystrom & Associates

### What should I bring?

- ▶ We strongly encourage that each group member bring their baby with them to the group, however it is not required. Some of our programming will include activities to help promote bonding with baby. Babies can join the group up until the age of one year old or until the baby is mobile
- ▶ Bring any supplies you may need for your baby, including diapers, wipes, and prepared bottles
- ▶ Feel free to bring a pen and paper to take notes with and any nourishment required

Please call our Edina clinic at 952-243-8300 for more information or to schedule an appointment.