



MENTAL HEALTH INFORMED BIRTHING AND POSTPARTUM CLASS

Come learn what it is really like to have a baby.

Most classes are simply about “The Birth”. This class, offered monthly, covers pregnancy, labor and delivery, and all the physical, hormonal, emotional, and relational changes up to 1 year after having baby.

LEARNING OBJECTIVES

- The REAL physical, hormonal, emotional, and relational changes that happen with you and your new baby
- What really to expect in the first weeks to a year after delivery
- Sleeping, feeding, diapering, and bathing needs for baby
- Self-care: how to take care of the mother’s physical, nutritional, and emotional needs
- Signs of Perinatal Mood and Anxiety Disorders and what to do
- How to stay connected as a couple and sexuality after baby
- Parents of multiples, preemies, and more
- How to set appropriate boundaries with friends and family when needed
- What to do when nothing is going as you expected

DATES

First 3 Fridays of the Month over lunch

- Participants can pay cash or use insurance if an established patient
- Spots are limited

LOCATION

This class is held virtually. Participants will be sent information on how to connect upon registration. The presenter will email class content to participants prior to the beginning of the first class.

MEET THE SPEAKER - JERI TONGEN

Licensed Marriage and Family Therapist and Certified Birth Doula.

I am a Licensed Marriage and Family Therapist since 2009. I have specialized in Perinatal Mood and Anxiety Disorders for over the past 8 years and am educated as a Postpartum Doula and a Certified Birth Doula. I found that many other birthing classes out there are often missing important pieces of parenting and the birth process. I wanted to create a comprehensive class so all families feel ready and able for the introduction of parenthood. I feel truly blessed to have my passion intersect with my career. I get to do what I love every day!

