Are you a new parent looking for wellness support?

Enjoy Your Baby

FOR PARENTS OF A NEW BABY

Based on Cognitive Behavioural Therapy (CBT)

Enjoy Your Baby is a 5-session mental health and wellness course that provides the skills and resources you need as you navigate the postpartum stage.

For parents/caregivers of babies 0-12 months old.

You'll learn how to build your confidence as a parent, feel closer to your baby, manage low mood, stress and anxiety, and connect with other parents in a welcoming, community setting led by a certified facilitator.

- Online or In-Person
- 10 hours total
- 5 weeks
- Group-based

Each of the 5 sessions is designed to help you feel more supported and connected:

Session 1: Understanding Your Feelings

Session 2: Building Closeness With Your Baby

Session 3: Doing Things That Make You Both Feel Better

Session 4: Playing Thought Detective

Session 5: Living Life to the Full With Your Baby

Get more info online
www.EnjoyYourBaby.ca

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British Columbia
Mental health for all

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