



The Hidden Feelings of Parenting

We all know that parenting has a lot of joys, but it also has a lot of hidden feelings—ones that often cause parents to feel guilt and shame. Please join us in 2012 for a monthly group led by Liz Fernandez— a skilled local social worker and doula who specializes in pregnancy and parenting. This group will offer a safe, supportive environment to talk about any feelings associated with parenting coupled with a topic of interest discussion each month.

Groups will be every 3rd Monday of month from 7-8:30 pm at New Baby New Paltz for the year 2012. This year, take the opportunity to bond with others and talk about the mixed feelings you have being a parent. \$20/person, \$30/couple per group, or \$150 for the year.

January 16, 2012 7-8:30 pm: Birth can be an amazing experience for parents as it brings them their new addition to their family...but for many there are other feelings, including feelings about death, pain, grief, trauma, and loss. Come and share your birth story in a place where its okay to talk about ALL of your feelings regarding this monumental event.

Session Topics:

Jan 16, 2012: Birth

Feb 20, 2012 : Expectations

Mar 19, 2012 : Depression

Apr 16, 2012: Partners

May 21, 2012: Working

June 18, 2012 : Discipline

Aug 20, 2012: Sleep

Sep 17, 2012 : Play

Oct 15, 2012: Identity

Nov 19, 2012: Decisions

Dec 17, 2012: Boundaries

Group is open to parents of children any age.
Couples welcome. Please call/email today to register
Contact Person: Liz Fernandez, CD(DONA), LMSW
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New Baby New Paltz
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