

Now Offering

Online Support Groups

For Pregnancy and Postpartum

www.DancyPerinatal.com

Offered Nationwide. Registration is ongoing. Groups run in 8 week cycles. All groups led by trained therapists. New groups being added. Current groups offered:

Finding Myself Again

Coping With Anxiety and Depression

Research shows us that anxiety and depression are more common than ever before. You're not alone! In this group learn how to identify and deal effectively with your symptoms using DBT and CBT tools. Connect with other pregnant and postpartum people who relate.

Pandemic Mom-ing

Being A New Mom During Exceptional Times

So many are struggling due to the isolation, loss of support, and worry of the last few years. It's even more challenging if you experienced pregnancy and postpartum at the same time. For new (or new-again) moms- connect with others who "get it" and gain support, insight and a strategy to thrive!

When The Path To Parenthood Hurts

Coping With Infertility and Loss

Infertility and loss are not what we expect to encounter on the path to parenthood. It can feel so isolating when you see the social media pictures and hear the happy stories. Join others who understand your experiences and gain mindfulness training to cope with the ups and downs.

Modern Parenting

Dealing With The Impact To Your Brain and Community

We've never had more information and been so confused. We've never had more communication and felt so alone. Parenting in this age of modern technology is a new challenge. Join others who are learning as they go and gain insights and effective strategies that work for you and your family!

Strengthening Us

Recreate Your Bond In Parenthood

Parenting is not for the faint of heart- the demands... the exhaustion! It's common to feel the transition takes a toll on your partnership. Learn the tools to be connected as parents and invest in your relationship. It's a gift for yourself and your children that will last throughout the years!

To **Register** or See Full Group Descriptions and Schedules go to www.DancyPerinatal.com

