



Preparing Your Relationship for Life After Baby

- How to Stay **Connected as a Couple**: Simple ways to maintain closeness during big changes
- **Communication Strategies** that Actually Work: Learn how to talk and listen under stress
- Postpartum **Mental Health** Awareness: Spot signs of anxiety or depression early in both partners
- **Planning for the Unexpected**: Get aligned on parenting duties and shared values
- **Support Systems** and Real-Life **Expectations**: Build your village and manage outside pressures

Relationship Check in Tools: Easy tools to stay emotionally in sync as new parents



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January 9th at 10am
Virtual workshop
\$50 per couple
Ticket includes live session
& take home resources