



☀️ 2024 Class List: Nurturing Parenting and Wellness Workshops ☀️

Join us for a series of engaging workshops designed to support you on your parenting journey and enhance emotional wellness. All of our classes are recorded for all ticket holders so if you can't attend live you can still watch the class!

- ❖ Birth Trauma - Monday, Feb 26 | 10am-11:30am PST
- ❖ Two Day Growing Roots Workshop: Skills for Postpartum Emotional Wellness - Saturdays March 9th & March 16th | 10am - 12pm PST
- ❖ Anxious to Anchored - April 18th | 4:00pm-5:30pm PST.
- ❖ Big Emotions, Little Bodies: How to help teach and regulate big emotions in your young children - Thursday, May 23 | 3:30pm-5:00pm PST
- ❖ Preparing the Partner: Monday June 3 | 5:00pm- 6:30pm PST
- ❖ Mindful Pregnancy: Nurturing Well-Being for Expecting Mothers - Thursday, July 11th | 11am-12:30pm PST
- ❖ Good-Enough Self-Care after Baby: Tuesday August 13 | 5:00pm- 6:30pm PST
- ❖ Moms Who Worry: September 2024 | TBD
- ❖ Sex while trying- How to manage the waves and sustain connection: October | TBD
- ❖ Two-Day Couples Restoration - Thursdays Nov 7th & Nov 14th | 4:00pm - 6:00pm PST
- ❖ Find Balance in the Chaos: How to be present and create balance with so many demands as a parent - December 2024 | TBD

Don't miss out on these opportunities for insight, skills, and connection.

Reserve your spot today!

For more information and registration, visit www.dancyperinatal.com/classes.

www.dancyperinatal.com

Call/Text: 916-800-3631

Email: support@dancyperinatal.com