



The After Birth Plan™

You've picked your favorite stroller, crib and car seat.

You've thought about your options for labor, delivery and birth.

You've written your birth plan.

...but have you thought of your *After Birth Plan*™?

ARE YOU TRULY READY FOR A NEW BABY?

Join **Dr. Alyssa Berlin, PsyD**, as she helps you navigate what you need to know to have a smooth transition to parenthood.

Find out what's normal and what's not, and prepare not just for "birth day" but for life with your new baby.

Explore the four major ways your life changes when you become a parent.

Discover three relationship-saving techniques that will help you communicate and stay connected with your partner, even when you are both sleep-deprived and exhausted.

Learn the difference between "the baby blues" and postpartum depression and anxiety.

Identify five ways you can take care of yourself and mitigate or prevent postpartum-related issues.

CLASS INFORMATION:

February 11, 2016, 7-9 pm
@ Natural Birth Center & Women's Wellness
432 S San Vicente Ste #250
Los Angeles, CA 90048

This workshop can be taken privately or in a group setting. For more information or to register for *The After Birth Plan*™ call **(323) 549-0070**

WHAT YOU'LL LEARN