

# Transitioning Into Parenthood

**GROUP THERAPY & RELATIONSHIP EDUCATION**

for expectant or postpartum couples



## YOU'LL LEARN

- ❁ Common Challenges New Parents Face
- ❁ Practical Tools to Navigate Those Challenges
- ❁ Communication & Problem-Solving Skills
- ❁ How Attachment Theory has Shaped Your Partnership
- ❁ Ways to Create Secure Attachment for Your Whole Family
- ❁ How to Deepen Your Love Throughout Parenthood
- ❁ How to Set Yourself up for a Smooth Transition



for more information  
(818) 990-9898  
[www.counselingwest.com](http://www.counselingwest.com)  
[bit.ly/433fyYL](https://bit.ly/433fyYL)

sliding scale spaces available  
**Counseling West**  
Providing Affordable Counseling for Over 40 Years

Group Facilitators: Shelly Slocum & Minnie Goode,  
Marriage & Family Therapist Trainees  
Supervised by Kellum Lewis, MFT #42989

We are LGBTQ+ affirmative and encourage families of all shapes, sizes, styles, & backgrounds to join us

