

Bringing Baby Home

A Workshop Series for Couples

"We loved the class! We'll be sending all our friends your way because we can't say enough good things about it and what we took away!"

– former Bringing Baby Home series participant.

This hands-on, interactive class, based on the findings of Drs. John and Julie Gottman and the Relationship Research Institute, shows you ways to:

- Promote relationship satisfaction with your partner
- Strengthen your friendship, intimacy and conflict regulation skills
- Manage the challenging transition to parenthood
- Meet your baby's emotional and psychological needs
- Be the best parenting team possible!



Sunday mornings, January 17, 24, 31 & February 7
9:00 a.m. – 12:30 p.m.

Held in participants homes in Seattle

Couples of all backgrounds are welcome to attend!

\$150/couple includes workbook and materials. Scholarships are available.

Advance registration is required.

Contact Marjorie Schnyder at (206) 861-3146 or familylife@jfsseattle.org.

