


This is an important time for you and your baby. Taking care of your emotional well-being will have a positive impact on both you and your family for a long time to come.



CONNECT WITH US

For more information about Mothers & Babies, including client and provider testimonials, please visit:


[www.mothersandbabiesprogram.org](http://www.mothersandbabiesprogram.org)

 [mothersandbabiesnu@gmail.com](mailto:mothersandbabiesnu@gmail.com)

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# MOTHERS & BABIES

"The information in each [Mothers and Babies] session was vital for my mental and overall health...even my kids noticed a difference!"  
- Mother and MB Participant

## HELPING PREGNANT WOMEN IMPROVE THEIR EMOTIONAL WELLBEING



## THE MOTHERS & BABIES PROGRAM

Mothers & Babies is an interactive program that shares useful tools and skills to help pregnant women manage stress and/or reduce symptoms of depression. Once learned, moms always have these skills and can use them in many aspects of their lives.

Each session integrates valuable stress management tools into your home visiting experience.

### CONTENT INCLUDES:

- Support for healthy communication, stress management, and healthy bonding with your baby.
- Helpful information about your pregnancy and your baby's development.
- Strategies, including mindfulness practices, for paying attention to your mood.

THERE IS NO COST TO PARTICIPATE.

In a study about pregnant women in Florida, 84% of participants that received the Program reported being "Very" satisfied with Mothers and Babies.

"I found ways to overcome stress."  
- *Mother and MB Participant*