



# MOTHERS & BABIES

Tools for **all** pregnant and parenting people to manage stress.

## WHAT IS MOTHERS AND BABIES?

*Mothers and Babies* is a free program to help pregnant people and new parents manage stress and prevent postpartum depression.

*Mothers and Babies* is a national evidence-based curriculum that uses strategies that have been tested and proven with other families. The program is offered in-person and virtually.

## EXPECTING AND NEW PARENTS

Being pregnant or having a new child in the home can be an exciting time. It can also be a stressful time for many reasons.



Most parents have stress when they're pregnant and after delivery. Sometimes, this stress is manageable, but many times the stress can build and lead to depression, anxiety, or challenges at home.

## DETAILS OF THE PROGRAM

*Mothers and Babies* helps pregnant and parenting people by building skills to handle stress.

The free, in-person or virtual program:

- ▶ Gives you ways to change your thoughts to improve your mood.
- ▶ Shares skills to help you build quality and mentally healthy family relationships.
- ▶ Provides you with mindfulness practices to manage stress and be present in the moment.

Multilingual providers and interpreters are available.

## HOW TO SIGN UP:

For more information, including how to join *Mothers and Babies*, contact us at 651-554-6115 or send an email to [phintake@co.dakota.mn.us](mailto:phintake@co.dakota.mn.us)