



After Baby

A SIX-WEEK SUPPORT GROUP FOR NEW PARENTS

This supportive six-week group, led by EACC Counselor Hallie Keel, LPC, gently guides new parents through the "Fourth Trimester." Together, we'll explore common early-parenthood experiences like mood shifts, changes in relationships and ways to access meaningful support, as you adjust to life with a new baby.

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After Baby is a group designed for new parents and caregivers who have welcomed a baby within the past 12 weeks and are seeking connection, understanding and a supportive place to share and reflect.

WHEN & WHERE:

Group meets Tuesdays, April 7 to May 12, at 10 a.m. via Zoom. This is a closed group; once sessions begin on April 7, new participants will not be added.

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood, Trussville and Tarrant City Schools and i3 Academy employees and members of their immediate household.

REGISTRATION:

Visit go.uab.edu/eaccforms to complete the Group Counseling Intake Form. You will receive a confirmation email within three business days of submitting your form. To request disability accommodations, email HRAWARE@uab.edu.