



Mothers & Babies

A SUPPORT & EDUCATION GROUP for NEW MOTHERS

In this seven-week evidenced-based course, new mothers will learn cognitive, behavioral, social and mindful approaches for parenting their young child or infant, including prevention strategies for postpartum depression. Every session will include guidelines, exercises and discussion, as well as personal challenges to utilize and implement into daily life between sessions.

WHEN & WHERE:

**Wednesdays, April 5 through May 24,
noon to 1 p.m., via Zoom (no session May 17)**

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:

Go to go.uab.edu/EACC-Calendar and select “Mothers & Babies” to register via Zoom. *To request disability accommodations, email HRAWARE@uab.edu.*