



# Mothers & Babies

## A PSYCHOEDUCATION GROUP for NEW MOTHERS

In this four-week course, presented in partnership with Alabama Department of Mental Health, new mothers will learn cognitive, behavioral, social and mindful approaches for parenting young children or infants, including prevention strategies for postpartum depression. Each session includes guidelines, exercises and discussion, as well as personal challenges to implement into daily life.

### **WHEN & WHERE:**

**4-week course meets June 6, June 13, June 20, and July 11, noon to 1 p.m., via Zoom**

### **WHO:**

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

### **REGISTRATION:**

Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Mothers & Babies" to register via Zoom. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*