

Beyond the Birth Plan:

Preparing for the emotional side of motherhood



Are you a new or expecting parent?

This free **2-hour in-person** session is open and beneficial for every expectant and new mom (*up to one year postpartum*).

No diagnosis, no struggle required — **just come as you are.**

Thur., May 7th | 3-5:00 p.m.
The Crossing of Manitowoc

This one-time session includes:

- **\$50 gift card** for each participant
- **Raffle items** (*diapers, wipes, meal kits, etc.*)

Thinking about coming?

- Want to understand the emotional changes that can happen during pregnancy and after birth – and why they matter for your postpartum well-being?
- Would you feel more confident stepping into postpartum if you knew how to spot early changes in your mood and emotions – and what to do next?
- Want to learn how your emotional health shapes bonding, attachment, and your baby's development?

This session is for every mom and mom-to-be – whether you're pregnant or postpartum. You'll leave feeling more **confident, supported, and empowered** in your parenting journey.



Catholic Charities
of the Diocese of Green Bay

*More session dates will be released at a later time.

To reserve your spot, contact:
920-272-8240 | mvanlanen@gbdioc.org