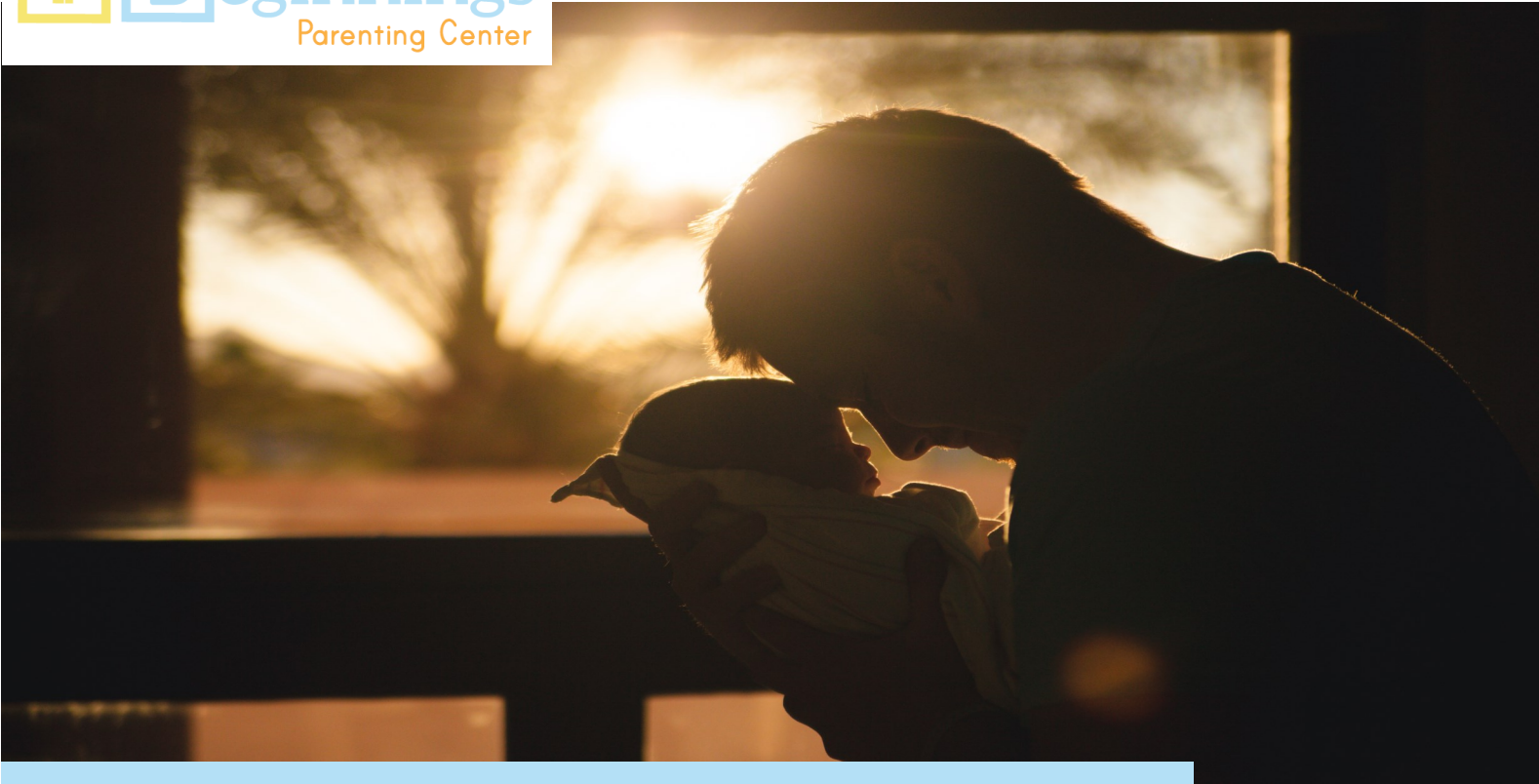


Changing Emotions of Parenthood



Free and open to all new and expectant parents

Along with a new baby, parenthood brings big changes in relationships, responsibility and identity. Yes, it can be an emotional roller coaster. Join Meredith Elson, LCSW, and other parents to talk about managing the emotional ups and downs of becoming, and being, a new parent. Moms, dads and babies welcome.

When: Tuesday, October 30, from 11:30 am – 1:00 pm

Where: Room 312 at the Y

RSVP: Just drop in! All welcome

Questions: Curious to know more before the workshop? Want an email reminder before the event? Reach out to Mara, mbragg@ywashhts.org.

Facilitator Meredith Elson is a Licensed Clinical Social Worker who has worked in a private psychotherapy practice on the Upper West Side for over twelve years.

For more information about the Y Beginnings Parenting Center, which offers programs for parents, babies and toddlers, contact Mara, mbragg@ywashhts.org, or 646-738-6093.



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