



Be Prepared. Be Awesome

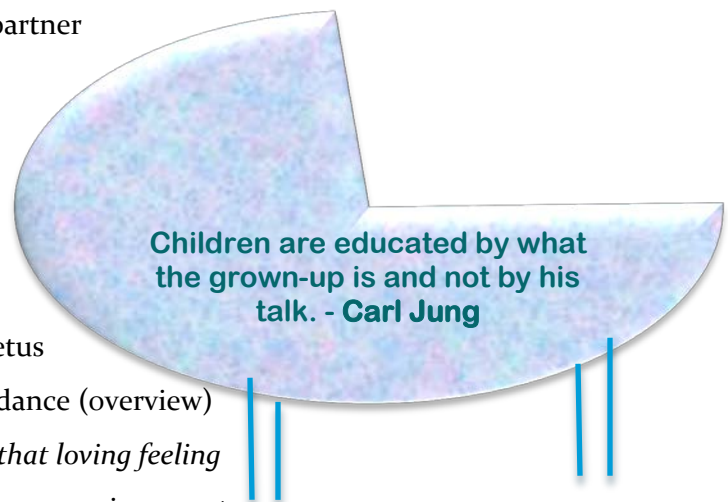
Many people find transitions are smoother when they have help processing new perspectives. Many people find transitions are smoother when they have help processing new perspectives. A chance to explore potential hindrances, and craft solutions to them in advance of actual issues, make them easy to address.

Our Transitions programs are designed to do this for many of the transitions individuals experience during life.

Becoming a parent involves one of the major transitions experienced during life. Even a second child can be a significant transition. There is a saying, “One is as none, two is as ten” that a neighbor often recited to me when my second child came along. She was right. Managing a household with two children was much different than what it was like with just one baby.

At Expecting, you will learn:

- Techniques to maintain your relationship with you partner
- Mindsets that will facilitate a smoother transition
- Parenting tips to increase your confidence
- Pain management techniques
- How to avoid guilt from conflicting priorities
- How to use your guidance effectively in parenting
- The affect parental emotions have on a developing fetus
- How to raise your child to understand their own guidance (overview)
- To avoid common issues *that can make couples lose that loving feeling*
- Techniques that will contribute to a more peaceful home environment
- Helpful Mindsets about your changing body (and your partner’s changing body)



Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc.

