



FREE COMMUNITY CLASSES

2025

JANUARY

After a Bad Birth: On the Path to Healing a Traumatic Birth

MARCH

Thriving With A Newborn: Postpartum Emotional Wellness Class

APRIL

Your Grieving Heart: Navigating Life After Pregnancy & Infant Loss

JUNE

Big Emotions, Little Bodies How To Teach & Help Regulate Emotions In Young Children

JULY

Mindful Pregnancy: Nurturing Well-Being for Expecting Mothers

JULY

Partner Prep 101: How to Support Your Partner in Pregnancy, Birth & Postpartum

AUGUST

Holding Each Other Close: Building a Secure Partnership in New Parenthood (Couples Class)

SEPTEMBER

Lead with Attunement: Thriving as a Confident & Connected Parent

916-800-3631

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WWW.DANCYPERINATAL.COM/CLASSES



Sign Up Now!