

Zero to One

a weekly drop-in support group for parents
and babies in their first year of life

MONDAYS 11 am to 12 noon

starting January 23, 2012

at Bend Yoga

on the Downtown Mall (2 hours parking validated)

*Share questions, joys and challenges of the amazing first year
of baby's life, and benefit from professional advice and support
in a safe, nurturing environment.*

Get in tune with yourself & baby through mindfulness and interactive play

Enjoy connecting with other parents at the same stage of life

Receive professional counsel on important issues for parent & baby

Fee is \$10.00 per drop-in session. Coupons for free sessions are available based on financial need (contact The Women's Initiative at 434.872.0047).

Zero to One is facilitated by two mothers and professionals supporting families:
Julie Convisser, a Licensed Clinical Social Worker with expertise in infant development, parenting and postpartum mental health, and *Emily Koester*, a postpartum doula.

Questions? Contact Julie Convisser, LCSW at 434.806.8516

We are grateful for the support of our sponsors

