

HERE 2 HELP

Mental Health Coalition

Fanwood · Scotch Plains · Westfield

Bringing Home Baby: How to be a Unified Parenting Team

Sixty-nine percent of new parents experience conflict, disappointment and hurt feelings as they navigate the postpartum weeks and months. Learning to co-parent amid sleeplessness and fluctuating hormones is no easy task. But there are proven ways to weather the transition that are backed by years of research.

In this informational session Jennifer Perera, LCSW, will highlight how to restore friendship and intimacy to your relationship, navigate conflict more effectively, foster the development of your child during the postpartum months, and create healthy social, emotional and intellectual development in your children.

This Here2Help event is ideal for couples planning or expecting a baby soon and couples with a child under the age of 3. Attendees will have an opportunity to ask Ms. Perera questions at the end of the presentation.

Date: Tuesday, February 2

Time: 7:00-8:00pm

Location: Online via Zoom and Facebook Live

Presenter: Jennifer Perera, LCSW

Register: <https://www.eventbrite.com/o/here-2-help-31322635307>

This event is free but space is limited. The Zoom access code will be emailed the day before the event.

About Ms.Perera: Jennifer Perera is a Licensed Clinical Social Worker with over 10 years experience. She specializes in working with parents during the prenatal and postpartum periods and those coping with a pregnancy loss or infertility. Her passion is helping new parents find their joy through individual, group and couples counseling.

About Here2Help: Originally organized by the Westfield and Fanwood-Scotch Plains YMCAs, the mission of the Here2Help Mental Health Coalition is to improve community awareness and understanding of mental health issues through education, basic skills training and resource information and to help break down barriers that prevent people from seeking care.