



Navigating the 4th Trimester

Supporting Your Postpartum Journey



About this program:

This FREE workshop offers a supportive place for expecting parents to explore the physical, emotional and relational challenges that accompany the first three months after birth. The birthing person and a support person are welcome to attend.

**310 Baker Ave
Suite 165
Concord**

**Monday
Feb 9, May 4, Aug 3,
or Oct 5, 2026
6:30-8:00 pm**



REGISTER HERE: <https://bit.ly/3XYQMHO>



Topics to be Discussed:

Postnatal Care

Nurturing your own wellbeing during this transformative time. Create a personal postpartum plan that includes evidence-based practical strategies for adjusting to life with a newborn.



Sleeping and Feeding

Lactation Counselor and Infant Sleep Consultant Mary Beilman, who draws on 20 years supporting new parents, will address challenges related to sleeping and feeding your newborn.



Relationship Changes

Mental Health Counselor Emily Fiorini, who specializes in Infant & Parent Mental Health, will speak about changes in relationships between partners, family and friends that typically occur after welcoming your baby.



Community Resources

You will leave this program with a packet of information to refer to that includes community-based programs and organizations that support families with infants and young children.