

People say nothing can prepare parents for parenthood, and yet most parents want and need to know how to best navigate the journey.

Becoming Us

PREPARATION FOR PARENTHOOD

CLASSES MEET THURSDAYS AT 4PM

Session 1

Nest Building

Prepare for the common challenges before baby comes

Session 2

Set Up Basecamp

Set up healthy habits now to cope with future changes and challenges

Session 3

From Being Me to Becoming Us

The couple bond and their communication is the foundation for a strong family

Session 4

Traveling Together

Know how to connect and reconnect with yourself, your partner, and your baby through the transition

Space is limited

Classes are provided free of charge

For more details and to sign up:

nevadacountyca.gov/BecomingUs

530-802-3644 or 775-721-1751



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