

WELLBEING IN PREGNANCY

The Third Wave Psychologist is very pleased to host a 4-session online course exploring psychological wellbeing & self-care during pregnancy. Run by a clinical psychologist with expertise in antenatal mental health, this course explores common thoughts, feelings & experiences that arise during pregnancy & helps to prepare parents psychologically for the journey ahead. Topics include:

Changing self-identities & social roles

Communication & relationship issues

Realistic self-care & wellbeing strategies

Techniques to manage common difficult thoughts & feelings

What to Expect?

The workshops are run as an online educational class, with teaching & skills building components. There is no pressure for attendees to speak or share their personal thoughts, feelings or experiences, however they are welcome to do so should they feel comfortable. Partners are welcome to attend.

COURSE DETAILS

The course runs for 4 consecutive weeks, with each workshop lasting 2 hours

Courses run regularly throughout the year

Course Fee: £160

For more information or to register your interest in attending the next online course please email your name & contact details to:

thirdwavepsychologist@outlook.com



www.thirdwavepsychologist.co.uk/wellbeing-workshops