

Nurturing Parenting Group

A 7-session, 60-90-minute weekly workshop, for pregnant women, parents, and caregivers of children 0 to 5 years of age!

Schedule:

Every Tuesday, ONLINE, from

10-11:30am.

I accept most insurances and for those out of pocket, \$150/group!

Groups starting October 24th, 2023.

For more info, please text: 850.737.9204 or call 616.202.2138.



Hello,

My name is Cristina Dunahoo. I am an LLPC, NCC, and EMDR therapist, and live in Rockford, Michigan.

I love working with women and parents/caregivers everywhere to empower them to reach their full potential and find joy in their everyday life. I specialize in pregnancy and postpartum concerns (such as postpartum depression and issues with raising the baby), infant mental health and parenting practices.

In my workshop, I will provide information on:

- Conception, pregnancy, and epigenetics.
- Brain development, stress, and trauma.
 - Self-care.
- Principles of nurturing parenting.
 - Style of parenting.
- Tools and strategies to successfully raise healthy and happy children.

I am looking forward to working with you! Reserve your spot soon! Slots are limited!