



Mindfully Expecting

A Unique Pregnancy Group

Overwhelmed with the range of emotions you're feeling, the flood of information offered to you, and the choices you need to make? Do you find yourself worrying excessively about your pregnancy and all that comes with being a new parent?

We invite you to join us in a unique program that will help its participants:

- **Practice** mindfulness skills that are clinically proven to relieve stress, anxiety, and depression
- **Sort** through the range of pregnancy-related emotions, information, and choices
- **Learn** to respond rather than react
- **Work** with fears of labor
- **Build** community and connect with other women
- **Explore** topics of identity shift, relationship issues, body images, sexuality, and interacting with loved ones

Thursdays, 6:45 PM – 8:15 PM
Nov. 3, 10, 17
Dec. 1, 8, 15
2011

Los Gatos, California
Fee: \$210 for 6 sessions
Please call for registration and location info.



Dolat Bolandi
MA, MFT (MFC 43609)
Licensed Marriage & Family Therapist
DolatBolandi.com
dbolandi@yahoo.com
408-264-0100

Dolat Bolandi is a compassionate professional with over a decade of experience working on women's health issues in a variety of settings. She specializes in prenatal, postpartum, and parenting issues.