

- ◆ Group classes are offered throughout the year.
- ◆ A session includes four classes. Each class is 1.5 hours packed with interactive, fun learning!
- ◆ Small groups provide a comfortable, relaxed setting.

You are embarking on one of the most exciting journeys of your life. **Of course, you have some anxiety!**

Let's learn together how to embrace and understand our worries and **CHANGE** them into a more positive stress-busting tool!



Mary Sheridan, LCSW, has been calming anxious moms for many years in her counseling office in Lenexa, Kansas.

C.A.M.P. (Calming Anxiety for a more Mindful Pregnancy), is designed to offer helpful, educational tools in a safe, comfortable, group environment.

Mary is a mother of three and a recent grandmother who experienced anxiety with her own pregnancies.

Don't let your anxieties keep you from taking this class.

It may change your life forever!



Are you...

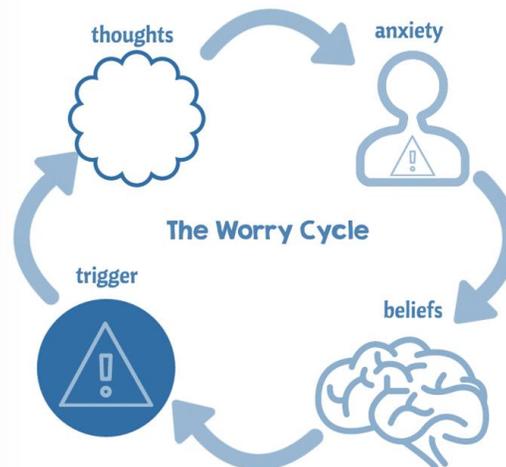
- ▶ Pregnant?
- ▶ Anxious?
- ▶ Want to feel calmer?



Would you like to come to **C.A.M.P.?**

At C.A.M.P. You Will Gain...

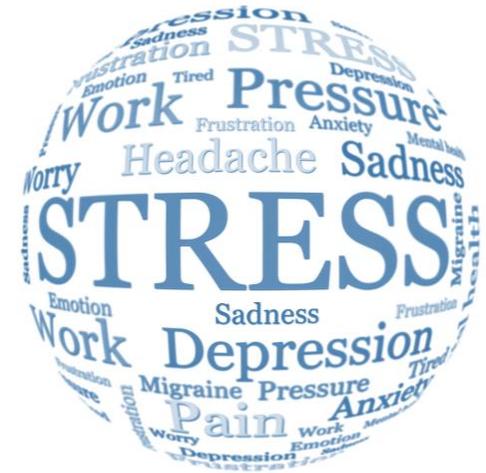
- ◆ Awareness of anxiety
- ◆ Tools to address anxiety
- ◆ Ways to de-stress
- ◆ Support from other pregnant women
- ◆ Better understanding of your ways of thinking
- ◆ Awareness of your fears and how to face them healthily
- ◆ Cognitive-behavior skills
- ◆ Mindfulness, DBT, and Acceptance skills
- ◆ A more balanced approach to life's stressors
- ◆ Skills to offset baby blues or post-partum depression
- ◆ More self-empowerment
- ◆ A game plan for a calmer, less-stressed pregnancy!



- ◆ Are you willing to change your relationship with worry and anxiety?
- ◆ Are you willing to learn and practice new skills?
- ◆ Are you wishing for a more positive, less-stressed pregnancy experience?
- ◆ Are you open to trying new things? Isn't that what parenthood is all about?

What new mom-to-be isn't anxious? Let's change our relationship with anxiety!

If you can carve a little time from your busy schedule to have a little fun and learn a lot, then Pregnancy C.A.M.P., (Calming Anxiety for a more Mindful Pregnancy), is for you!



If you are experiencing mild to moderate anxiety, this class is for you. The skills taught in this class may change your life forever.

As new parents-to-be, why not arm ourselves with the latest worry and anxiety-busting tools? Let's be the calmest parents we can be! Pregnancy and parenthood are one of life's most precious experiences but also one of life's greatest stressors.

Let's learn and practice how to stay calm and more focused. Skills learned in this class will be useful for the rest of your parenting career.

For Questions or to ENROLL, email:
msherdan@insightfulliving.org

No better time than the present!