



## Bringing Baby Home

An Essential 2 day Workshop for Expectant and New Parents

Saturday October 20<sup>th</sup> & 27<sup>th</sup>  
1:00 PM to 7:30 PM  
at Java Mama in La Mesa

Contact: Carrie Grange Isaacson, LCSW  
(858) 952-6441 or visit [www.babymaven.org](http://www.babymaven.org)

Advanced Registration Required & Class size is limited  
Register in person at Java Mama and receive a \$5 gift card [www.javamama.com](http://www.javamama.com)  
\$199 per couple (after October 1st registration fee is \$225)  
price includes books, take home materials & refreshments.  
Scholarships available for qualifying couples.

- Featured on **Good Morning America**
- Reduce postpartum depression from 66% to 22%
- Teaches couples how to care for the baby and how to care for one another
- Promotes skills to reduces stress and conflict while increasing intimacy
- Decreases the likelihood of divorce

**“I would highly recommend this to all families of young children and expectant couples.”**

**-Skye,**  
*psychologist, mother of two, & workshop participant*



*Baby Maven*

Dedicated to helping couples  
become a secure parenting team.