

Shoreline Community You Are Invited!

Couples of all backgrounds are welcome to attend.

Children are a gift in our lives. The addition of a new child to one's family is an exciting time and one full of various transitions for both the parents and the family. New parents often find this adjustment a joyful experience but a new infant in the home can also add new challenges for a couple's quality time together, communication and parenting strategies.

We invite you to consider joining us for this first-time offering at Trinity! It's a two-day workshop featuring successful strategies to maximize the joy and to manage the stress involved with welcoming a new child into a home. The content of this course is provided by Drs. John and Julie Gottman, renowned relationship experts. The sessions will be taught by Terry McNichols and myself, both Certified Gottman Educators. I and a team of people look forward to hosting you on these Saturdays.

We are able to gladly offer this workshop at a reduced rate for our community because of a generous grant from the Presbyterian Church, U.S.A. Hope you can join us!

*Kay Broweleit
Assoc. Pastor, Trinity Presbyterian Church*



*A Workshop for Pregnant
Couples and Parents of
Infants and Toddlers*



**Saturdays
April 28th & May 5th, 2012
9 a.m. to 4 p.m.**

**Trinity Presbyterian Church
1315 N. 160th
Shoreline, WA 98133
www.trinpc.org**

Bringing Baby Home

A Workshop for Pregnant Couples and Parents of Infants and Toddlers

Discover how you and your spouse can be the best parenting team possible. In a relaxed and supportive environment with trained facilitators and other couples, learn how to:

- Promote relationship satisfaction with your partner
- Strengthen your friendship, intimacy and conflict regulation skills
- Manage the challenging transition to parenthood.
- Interact with your baby in a positive way, meeting emotional and psychological needs
- Keep both parents involved

This interactive workshop, developed by renowned relationship experts, Drs. John and Julie Gottman, helps prepare you for the most important and rewarding job you will ever have – raising a child.

For general information about the workshop please visit: www.bbhonline.org.

Questions about the Trinity workshop?

Contact Kay Broweleit at 206-363-3500 or kaytrin@qwestoffice.net

Workshop Information

Class size: The workshop is limited to 12 couples who are committed to attending both Saturday sessions.

Cost: \$45.00 per couple, includes two workbooks and lunches.

Dates: April 28 and May 5, 2012

Time: Saturdays from 9 a.m. to 4:00 p.m.

Where: Trinity Presbyterian Church

Facilitators: Terry McNichols, M.S., and Kay Broweleit, MDiv, Certified Gottman Educators

Children: Infants six months and younger can attend the workshop. No childcare provided for children older than 6 months.

Registration: Space is limited. Please submit the registration form and payment (check payable to Trinity Presbyterian Church) to the church office.

Note: Registration is on a first come basis.

Your Name:	_____	Age:	_____
Partner's Name:	_____	Age:	_____
Children's Names:	_____	Age:	_____
	_____	Age:	_____
Are you pregnant?	_____	If yes, baby's due date:	_____
Are you married?	_____	If so, for how long?	_____
Address:	_____		_____
	_____		_____
Telephone number:	_____		_____
Email address:	_____		_____

Please fill out this registration form and send it, along with your payment, to the church office.

**Trinity Presbyterian Church
Attn: Kay Broweleit
1315 N. 160th St.
Shoreline, WA 98133**