

Bringing Baby Home™

A Parenting and Relationship Workshop

For Adoptive Parents








When a child arrives everything changes.

67% of new parents experience a significant decrease in relationship satisfaction in the first three years following the arrival of their baby. Discover how a baby impacts your relationship and learn ways to keep your relationship strong after bringing baby home.

Designed for both waiting and new parents, the Bringing Baby Home™ Program will give you skills and information to recognize and cope successfully with the normal stressors of becoming a family and the additional stressors faced by adoptive families.

The Program teaches couples how to:

-  Increase friendship in their relationship
-  Deal effectively with conflict
-  Allow each partner to be involved in baby care and parenting
-  Improve the quality of parent-baby interactions
-  Recognize the psychological and emotional needs of their child

Workshop

January 21st and 28th, 2012
9 am - 4 pm
City Center/US Bank Tower
At 1420 Fifth Avenue, Suite 2800 in Seattle

Session Fee: \$200 per couple (includes all materials). Microsoft Employees, please Contact Cindy for coverage eligibility through the Microsoft CARES program.

To Register: Please contact Cindy @ cindybouchard@comcast.net



Developed by John Gottman. Instructed by Katie Stallman, LICSW and Cindy Bouchard, MSW (more about us on the back).



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About the Instructors

Katie Stallman, LICSW, CGE is passionate about preparing and supporting families in ALL their forms as they transition to parenthood. She has been a licensed clinician since 1998 and working with families and children impacted by foster care and adoption for the past 20 years. She completed the Certificate Program in Foster Care and Adoption Therapy through Cascadia Training Institute in 2011 and has specialized training on the topics of attachment, trauma, grief and loss, child development, infant mental health, mental health, child abuse and neglect, and parenting. Katie has worked in a variety of settings providing individual, family, couples, and play therapy to all family members touched by foster care and/or adoption. A counselor with Open Adoption & Family Services for the past 10 years, she most enjoys helping birth and adoptive families negotiate the joys and challenges inherent in an open adoption relationship. She recently transitioned to a half-time position as the Seattle Regional Supervisor.

Cindy Bouchard, MSW, CGE has worked as an adoption counselor/mediator for many years in both Arizona, and Washington and recently completed a paralegal internship with a well known Seattle adoption attorney. Additionally, Cindy is a local family columnist for an online news site. Married to an adoptee and the mother to two small children, Cindy is passionate about addressing the joys and challenges that adopting a baby can bring to one's relationship, one's identity and the transition to being a parent.

Katie and Cindy teach the Bringing Baby Home Workshop only to adoptive parents. They strongly believe the unique experiences of adoptive parents should be honored and validated whenever possible. This workshop provides not only a special opportunity for couples to work on their relationship, but also a place where adoptive parents can build community and support one another.