



# Prenatal & Postpartum Stress Reduction\*

SPONSORED BY WOMEN & CHILDREN'S SERVICES

This course is taught by Dr. Gillian Lerner, licensed psychologist specializing in women's health and wellness. With over fifteen years of clinical experience, Dr. Lerner works with women through their transition into motherhood, supporting prenatal and postpartum adjustment and treating perinatal mood disorders. This prenatal stress reduction class is based on the practice of Integrative Restoration – iRest®, which offers an easily accessible set of tools that can effectively prevent and treat stress related conditions we experience in our daily lives. iRest is an evidence-based mind/body practice now being used in medical centers across the country.

Participants will learn skills, which will allow them to feel better equipped for the physical and psychological changes that accompany the pregnant and postpartum time including depression, anxiety, and insomnia.

Within a four-week course (meeting 1 1/2 hours each week) participants will:

- Learn essential tools and insights for managing stress
- Experience simple breathing and body awareness techniques
- Learn how to embrace emotions, thoughts and fears with mindful awareness
- Build confidence and trust in one's own inner capacity
- Develop inner resilience and equanimity

**Dates:**

Class	Dates	Dates	Dates	Dates	Dates	Dates	Dates	Dates	Dates
Class I	Feb 12	Mar 19	Apr 23	Jun 4	Jul 9	Aug 13	Sep 17	Oct 15	Nov 12
Class II	Feb 19	Mar 26	Apr 30	Jun 11	Jul 16	Aug 20	Sep 24	Oct 22	Nov 19
Class III	Feb 26	Apr 2	May 7	Jun 18	Jul 23	Aug 27	Oct 1	Oct 29	Dec 3
Class IV	Mar 5	Apr 9	May 14	Jun 25	Jul 30	Sep 3	Oct 8	Nov 5	Dec 10

**Time: 9:30 am – 11:00 am**

**Location: Marin General Hospital  
250 Bon Air Road  
(Magnolia Room)**

To register call  
888-99-MY-MGH  
(888-996-9644)!

Cost \$75/person

\*Though this class is primarily geared toward pregnant women, postpartum women are welcome to join. Wear comfortable clothing. Please bring a blanket or mat, a pillow and a bottle of water. A self practice CD will be provided in the class.