COGNITIVE STEPS

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GROWING INTO PARENTHOOD



New Parents Counseling

WHAT IS IT?

A personalized counseling program supporting mothers and couples as they adjust to parenthood. Sessions offer space to explore emotional well-being, changing roles, relationship concerns, and practical ways to care for yourself while caring for your child.

WHEN IS IT USED?

For new parents navigating everyday adjustment challenges, such as feeling overwhelmed, managing new routines, sharing responsibilities, or communicating needs. An initial consultation includes screening for the mother's emotional well-being to determine whether the program is appropriate. If concerns suggest a need for specialized care, further assessment, treatment, or referral will be discussed.

WHY THIS PROGRAM?

Because your well-being matters too. Rather than focusing only on caring for your baby, this program makes space for your needs, identity, and relationship. Guided conversations and practical strategies are tailored to your circumstances, whether you attend individually or with your partner.

HOW MANY SESSIONS?

The program begins with an initial consultation and emotional well-being screening, followed by a suggested 4–6 counseling sessions. The focus and pace are tailored to your needs, with progress reviewed together. If concerns remain, the number or length of sessions may be adjusted; if more specialized care is needed, further assessment, treatment, or referral will be discussed.

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