



United Fronts

Private Workshops for Expectant and New Parents

**Your relationship is your baby's first home.
Let's make it strong, secure, and connected.**



Introducing *United Fronts*

Have you ever heard someone say they started resenting their partner after having a baby? The tough news is that this is a common experience. In fact, research shows that two-thirds of couples report an increase in conflict and hostility after welcoming a baby. The good news? With the right preparation and a few simple tools, you can navigate this life-changing transition and stay connected.

We're excited to offer *United Fronts* — individualized, private workshops designed for expectant and newer parents. These sessions are tailored to your unique situation and will help you feel more prepared and supported as you transition to parenthood, so you and your partner can remain a strong, connected team.

We're so busy — is this really the right time to focus on our relationship?

We hear this question all the time from new and expectant parents — and the answer is: yes. Research shows that caring for your relationship isn't just good for you, it's one of the most important ways to care for your baby, too.

- ✓ **Your baby's emotional security starts with you:**
When parents stay connected and supportive of each other, babies feel safer and more at ease.
- ✓ **A strong partnership lowers stress for everyone:**
When parents feel like a team, daily challenges become easier to handle (even the sleepless nights).
- ✓ **You're teaching your child about love and safety:**
From day one, babies absorb the way you communicate, handle stress, and show affection. A strong parent relationship builds the foundation for their future emotional health.
- ✓ **You matter, too:**
Parenting is demanding, but your relationship deserves care — it's the backbone of your family's well-being.

What to expect:

- ✓ Personalized, private couple workshop (just you, your partner, and the facilitator)
- ✓ Virtual and in-person options available
- ✓ One-time 1 to 2 hr session, scheduled to fit your life
- ✓ Support from compassionate, experienced clinicians



***United Fronts* is designed for:**

Expectant and new parents (baby age 0–5)

Couples preparing for life changes, even if things feel “fine”

Parents feeling stressed, disconnected, or overwhelmed

Anyone wanting tools and strategies to stay close as they grow their family

Chicago | Oak Park | Boulder
312.809.0298

www.wildflowerllc.com

Frequently Asked Questions

Q: Who is this workshop for?

A: This workshop is designed for couples who are expecting a baby or parenting a child from birth to age five. Whether you're preparing for the transition to parenthood or already navigating the early years, *United Fronts* will help you strengthen your partnership, manage challenges as a team, and create a secure, connected environment for your child to grow.

Q: What makes Wildflower's approach different?

A: At Wildflower, we understand the emotional, relational, and mental health challenges new parents face. Our workshops are personalized for your unique situation — not a one-size-fits-all class. You'll walk away with real tools designed to strengthen your connection and ease the transition to parenthood.

Q: We're not in crisis. Is this still for us?

A: Absolutely! *United Fronts* isn't only for couples in distress. It's designed to strengthen healthy relationships and help couples feel prepared for the emotional and practical changes that come with welcoming a baby. Think of it as preventive care for your relationship. Respond with honesty and vulnerability? This can be quite tricky and may require a significant amount of self-exploration in order to understand what you genuinely think, feel, want, and need when it comes to your sexual health.

Q: What if we're already feeling disconnected or arguing?

A: You're not alone. Parenthood is one of the most significant changes any relationship faces. These sessions offer support, tools, and a compassionate space to strengthen your connection and communication.

Q: Is this therapy?

A: *United Fronts* is a psychoeducational workshop, not traditional therapy. While it's led by experienced clinicians, the focus is on providing tools, insights, and strategies to help you strengthen your relationship and co-parenting partnership. If therapy would be a better fit, we're happy to guide you in that direction too.

Workshop Logistics

Q: When and how are the workshops held?

A: *United Fronts* workshops are offered as private sessions for a couple and are tailored to your specific needs and schedules. Sessions can be held in person at Wildflower or virtually for your convenience. We'll work with you to find times that fit your busy life as new or expectant parents.

Q: How long is each workshop session?

A: Each session typically lasts 60 minutes, allowing enough time for meaningful conversation, skill-building, and space to address your questions and experiences.

Q: How many sessions do couples usually attend?

A: The number of sessions is flexible and based on your goals and needs. Some couples choose a single workshop for a focused conversation, while others schedule a series of sessions to prepare for specific stages — like before the baby arrives, during the newborn phase, or as your family grows.


Q: What does the workshop cost and is it covered by insurance?

A: Each 1-hour session costs \$200. Since these workshops are educational and not considered medical treatment, they are not covered by insurance.

Q: Who facilitates these workshops?

A: Gabby Pendley, LCSW, CADC, PMH-C, our Perinatal Mental Health Program Manager and a Gottman Bringing Baby Home Educator, is the current facilitator.



 **To get started, please reach out to our intake team by calling 312.809.0298 or completing the inquiry form on our website.**