



Parenting Infants:

A Support Gathering for Caregivers and Infants

Four Week Series for Parents and Infants

This group is for caregivers of infants to join together to support each other. This group will include a combination of discussion, parent education, and music time. Registration includes one child (12 months or younger) and one caregiver.

- **Group Facilitator:** Ashley Abesamra, LMHC, BC-DMT

Ashley is a licensed mental health clinician and dance/movement therapist with an extensive background in working with infants and toddlers. She previously worked in Early Intervention, so she has a solid background in early childhood development. Ashley specializes in providing support to caregivers who are adjusting to life with a little one through verbal and creative arts-based interactions.

- **Class Structure:**
- Check-ins: A shared space to process the journey of parenting an infant and to build community.
- Rainbowdance®: A movement and music-based curriculum that supports development, sensory integration, and attachment. For more information about this program please visit <https://www.bostoncf.org/rainbowdance/about-rainbowdance/>
- Theme exploration: Each week we will discuss a theme, such as: feeding, sleep, and developmental milestones to provide support around how to address these factors.
- **WHEN:**
 - Thursdays: 10/14, 10/21, 10/28, and 11/4 from 11:30 am to 12:15 pm
- **WHERE:**
 - **Andover Pediatrics**
 - Please email Ashley at aabesamra@fca-ne.com to enroll

****Admission: \$160.00 paid to Family Counseling Associates prior to class****