

# What it's all about ?

The program gives access to an online self-help platform with 10 modules offering cognitive-behavioral intervention.



## Themes covered

- Stress management
- Managing thoughts
- Pleasurable activities
- Social network
- Communication
- The co-parenting relationship
- Parent-child attachment
- Relaxation and mindfulness
- consciousness



The You, Me, Baby online platform is secure. All the information in your account is confidential and protected.

# You, Me, Baby program

A remote intervention for the mental health of future parents and the well-being of their child.



Think about you,  
for me.

# You, Me, Baby

## Who is it for?

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For expectant mothers experiencing feelings of sadness or anxiety, or who simply want to prepare for the arrival of baby.



## Why join You, Me, Baby ?

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- Improve management of stress and thoughts related to pregnancy and parenthood.
- Encourage healthy relationships with yourself, those around you, your partner and your baby.
- Discover new ways to promote your well-being.
- Prevent feelings of depression and anxiety.
- Encourage positive parenting practices and the healthy development of your child.



All those who will be offering support to the pregnant person are also invited to participate.

## How do I register?

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Visit  
[www.toimoibebe.com/en/registration](http://www.toimoibebe.com/en/registration)

