

**About the facilitator:**



Catherine McCall, M.S., is a Licensed Marriage and Family Therapist (LMFT), a Clinical Member of the American Association for Marriage and Family Therapy and a Certified Gottman Educator (CGE). She has been in the private practice of individual, marital and family therapy since 1986. She has served as Vice-president of the Georgia Association for Marriage and Family Therapy (GAMFT) and as founder and Chair of the Northwest Georgia Chapter of GAMFT.

Catherine taught undergraduate classes in Family and Child Development at Auburn University and classes on topics related to marriage and family life at professional conferences, local churches, PTA workshops and hospitals. Concerned about contemporary issues impacting new parents and the high divorce rate among families with young children, and familiar with the quality of Dr. John Gottman's work, she communicated with his institute while developing a class on how having a baby will affect your marriage for Piedmont Hospital's prenatal education series in 2004. In 2005 she was among the first graduates of his national Bringing Baby Home educator certification program.

Catherine has been married to her husband, Peter, since 1970. Parents of four adult daughters, their recent years have sparkled with the pregnancies, births, and toddler hoods of their much-loved grandchildren.

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[www.bringingbabyhometogeorgia.com](http://www.bringingbabyhometogeorgia.com)



A Workshop for New Parents  
Experiencing the Transition  
to Parenting

# ♥ Bringing Baby Home

## **What is it?**

Bringing Baby Home is a research-based, research-proven 12-hr. workshop for couples expecting their first baby and parents of infants and toddlers. This workshop will help prepare you for the most important and rewarding job you will ever have, raising a child.

## **What will we learn?**

In a relaxed and supportive environment, you will learn how to:

- Stay connected with your partner
- Strengthen your friendship, intimacy and conflict regulation skills
- Interact with your baby in a positive way
- Keep both parents involved
- Deal with conflict successfully

The content of the program has evolved from psychologist Dr. John Gottman's 30 years of marriage and family research. The workshop teaches couples how to:

- Avoid relationship meltdown and increase friendship
- Deal effectively with conflict while dealing with stresses when baby arrives
- Keep dads involved in infant care
- Co-parent effectively and improve the quality of parent-infant interaction
- Better understand and meet the psychological needs of a child

## **What is the format?**

Weekend workshops are limited to 12 couples and offered either on two consecutive Saturdays or one Saturday/Sunday weekend from 9am-4pm with a one-hour lunch break at noon. Weekday workshops are limited to 3 couples and scheduled for 6 weekly 2-hour sessions. The content is presented in lecture, films and exercises for each couple.

## **How much does it cost to attend?**

Each 12-hr workshop is \$200.00 per couple. This fee includes workshop handbooks for each person and exercise cards for each couple. This way participants can review material at home as their needs dictate. Gift certificates are available for those who wish to give the workshop experience to a couple as a gift.

## **When and where are these workshops offered?**

Workshops are offered in various locations. Call Cathy McCall at 404.888.0580 or log on to [www.BringingBabyHometoGeorgia.com](http://www.BringingBabyHometoGeorgia.com) to view the current schedule. Couples are encouraged to register for this course in their second or third trimester of pregnancy or during the first year after their baby arrives.



## **Who is Dr. John Gottman?**

John Gottman, Ph.D., is the Executive Director of the Relationship Research Institute, a nonprofit research institute dedicated to marriage, family, and child developmental research. He is Professor Emeritus of Psychology at the University of Washington in Seattle and is one of the leading research scientists in the world of marriage, relationships and family.

Dr. Gottman has authored, coauthored or edited over 30 books, including "Why Marriages Succeed or Fail," "The Heart of Parenting: Raising an Emotionally Intelligent Child," and "The Seven Principles for Making Marriage Work." He has appeared on radio and TV programs such as 20/20, Dateline NBC, Good Morning America and NPR's Fresh Air.

Dr. Gottman and his wife, Dr. Julie Schwarz Gottman, are the founding co-directors of The Gottman Institute in Seattle, Washington and developed the Bringing Baby Home program together. Their research showed that couples who take this workshop experience:

- a significantly lower rate of postpartum depression
- a decrease in relationship hostility
- a higher level of relationship satisfaction

For more information on the Gottman's, The Relationship Research Institute, the Bringing Baby Home national program and related research log on to:

[www.bbhonline.org](http://www.bbhonline.org)  
[www.gottman.com](http://www.gottman.com)  
[www.rrinstitute.org](http://www.rrinstitute.org)  
[www.talaris.org](http://www.talaris.org)