

We offer a variety of classes that help support pregnant and parenting woman in recovery. We focus on teaching how to navigate life's challenges, having a healthy pregnancy, building parenting skills, and developing a healthier lifestyle.

Current Classes

- Practical Life Skills
- Recovery-Based Support Group
- Parenting in Recovery Support Group
- Expressive Art
- Pregnancy Education
- Wellness
- Seeking Safety
- Touchpoints/Mindful Parenting
- Child Development & Parenting
- Becoming a Non-Smoker
- Nutrition Education
- Health Education

Class Descriptions

Practical Life Skills

This class emphasizes skills and resources that can be used on a daily basis to strengthen healthy lifestyles and recovery knowledge. From stress management to money management, moms will learn about how to navigate through life's challenges.

Recovery-Based Support Group

The opportunity is given to women in recovery to experience honest communication and healthier interactions with each other. Clients discuss common problems and learn through group feedback how behavior can be changed. These groups encourage clients to increase their ability to listen, understand, and be more sensitive to other people.

Parenting in Recovery Support Group

Moms in recovery face many day to day challenges and maintaining good relationships with their children is one of them. Parenting in Recovery provides moms with positive encouragement, knowledge, and tools that they can use to build their parenting skills and improve their relationship with their children.

Expressive Art

Creative activity in recovery, regardless of skill, has been shown to play an important role in helping to promote healing from substance abuse. It provides a way to process some of the stressful emotions and anxieties that can emerge during treatment. This class explores a variety of artistic media including paper, clay, textile, and paint in a nonjudgmental environment.

Pregnancy Education

Our goal in Pregnancy Education is to encourage healthy behaviors that will result in healthy babies while helping mom's navigate the joys and challenges of pregnancy. Education topics include fetal development, childbirth, breastfeeding education, postpartum concerns, nutrition, family planning, and several other topics.

Wellness

Countless studies show the importance of physical exercise during the recovery process. This class emphasizes stretching, balance, coordination, flexibility, strength, aerobics and FUN! A variety of exciting and invigorating activities are included to help enhance one's health physically and emotionally.

Seeking Safety

Learn how to improve your interactions with your partner, parents, children, and peers. This course focuses on interpersonal relationships and issues surrounding domestic violence, abusive behaviors (past and present), communication problems, developing boundaries, and setting limits.

Touchpoints/Mindful Parenting

Integrating Dr. T. Berry Brazelton's Touchpoints Model of Development and the power of Mindfulness, this class aims to help parents understand the root cause of their child's behavior and how to navigate the associated challenges more effectively. A variety of mindfulness techniques are discussed in a supportive and compassionate environment, helping a mother strengthen her connection to herself and her children.

Child Development & Parenting

This 10 week class focuses on the developmental stages of childhood using Dr. T. Berry Brazelton's Touchpoints Model of Development and his 10 Principles of Highly Effective Parenting. Moms learn how to support their children in a variety of ways and how to appropriately handle challenging situations at developmental milestones.

Becoming a Non-Smoker

Many people in recovery may still continue to smoke. However, those who quit smoking have a **better** chance at maintaining their recovery. This 3-part series focuses on helping mom's identify their reasons for wanting to quit, how to take action, and how maintain their success. Under medical supervision, some moms may be eligible for nicotine replacement therapy.

Nutrition Education

A critical component of recovery is giving your body and mind the healthy food it needs. The essentials of nutrition- from putting together healthy meals and snacks, learning how to meal plan, saving money at the grocery store, understanding what foods contribute to poor health, and how to break poor eating habits are all discussed to make eating healthy a reality.

Health Education

A variety of class topics are covered to address common issues that not only do many people face when it comes to their health, but to address the specific needs of women and the needs of women in recovery. This course is designed to empower women to construct a healthy lifestyle that can lead to long lasting recovery.



SANTA CLARA COUNTY
Behavioral Health Services

Supporting Wellness and Recovery

**For more information, call:
1(408) 885-5400**

**To enroll in treatment services,
call Gateway:
1(800) 488-9919**