



MOTOPARENTS



Are you a pregnant woman or is your partner pregnant?

We are recruiting pregnant couples for a research study involving a prenatal class that focuses on communication and coping skills, mindfulness, relationship strength, and preventing postpartum depression.



If you and your partner would like to participate in this free, 5-week, online prenatal class, and you are aged 18 or older and between 12-31 weeks pregnant, please follow the link in the QR code and complete the short, mobile-friendly form to be contacted for follow-up.



For more information, contact: Jennifer Jewell, MSPH, University of Colorado, Jennifer.Jewell@cuanschutz.edu. Protocol #21-2977 Version date 4/5/21