

## **Pre~Parenting - Counseling, Education and Support**

The experience of pregnancy, giving birth and becoming a parent involves profound physical, psychological and emotional changes. Along with excitement and anticipation, the transition to parenthood also brings tremendous new responsibilities that may at times feel intimidating or even overwhelming. Pre-parenting services include a variety of options for addressing the concerns and needs of new and expectant parents. For more information, please visit

[www.pre-parenting.com](http://www.pre-parenting.com)

or

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

Jacqueline O'Connor, M.A., M.S., Ph.D.

Licensed Marriage & Family Therapist  
Developmental Specialist

Offices in Davis and Sacramento  
916.804.8274