



Infant & Caregiver Classes

- Infant massage
- Infant development
- Infant feeding
- TummyTime!™ Method



About Me

Amy Nasshan, MOT, OTR/L

- Worked with infants & caregivers in community since 2013
- Advanced training & certifications in a variety of perinatal topics
- Mother of 3 wonderful children

Perinatal mental health certified through PSI

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Class Details

In-person at the Southington YMCA or virtual attendance

7-week sessions

- \$25 for members of the Southington Y (about \$3.50 per class)
- \$50 for nonmembers (about \$7 per class)

Expecting & postpartum families are welcome

Babies & caregivers of all abilities can be accommodated

Anyone who cares for a baby is invited

- Parents
- Grandparents
- Extended family
- Babysitters
- Nannies
- Doulas



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Supporting Perinatal Mental Health



Practicing evidence-based information



Hands-on routine baby activities



Peer-to-peer discussion & support



Co-regulation & self-regulation strategies



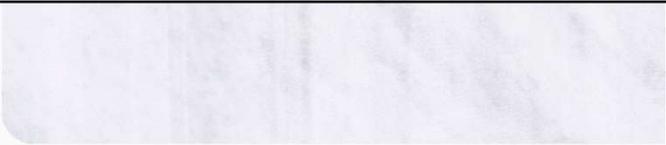
Sharing local perinatal resources



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Willow Tree Wellness

Locations in Southington & Hamden
Perinatal Therapists available at either location

In person or virtual options



(860) 276-4459

email: willowtreewellnessct@gmail.com



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↳ This (perinatal) season of life can bring.....

Overwhelm

Feeling unlike yourself

Mood Changes

Anxiety & Constant
“what ifs”

Guilt or Shame



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Let's Focus On.....

Understanding
your thoughts,
feelings and
behaviors

Learning practical
coping skills

Identifying
unhelpful thought
patterns

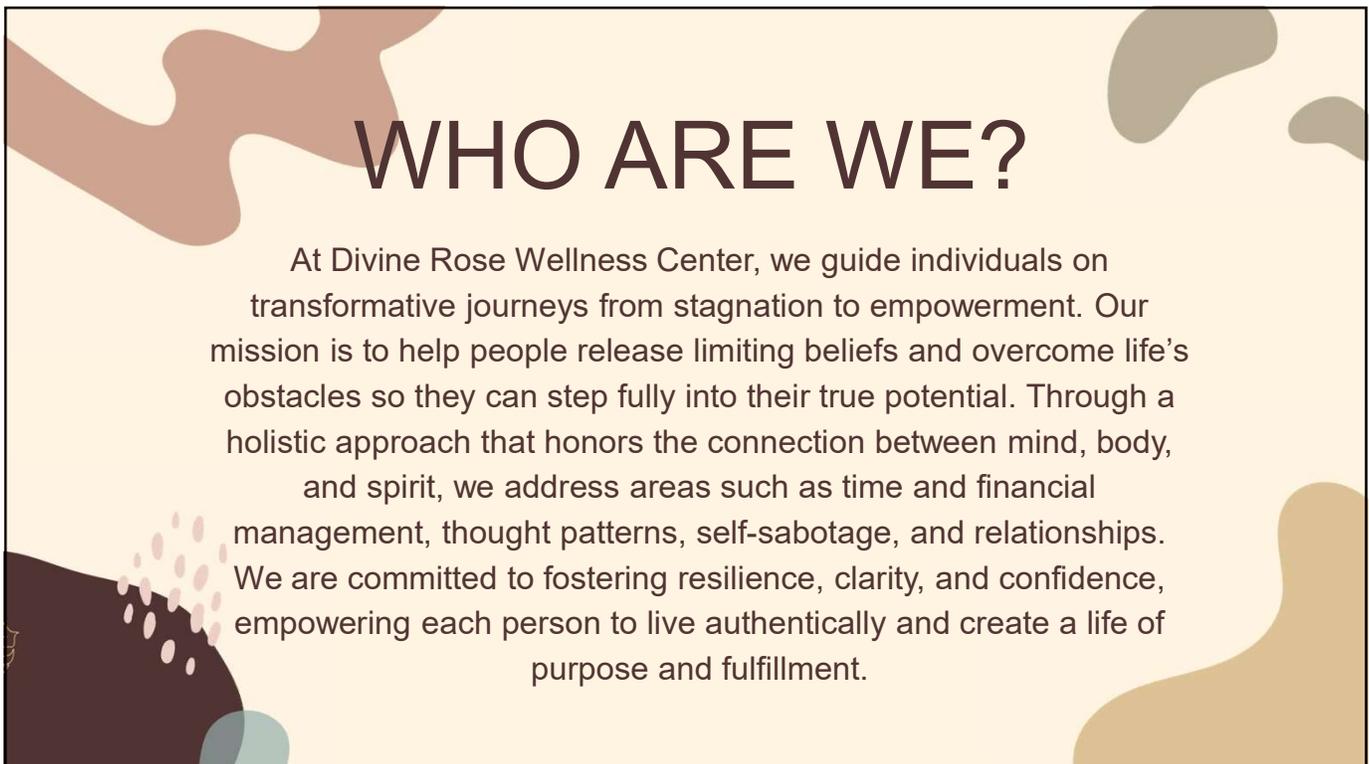
Building self
compassion
and emotional
resilience



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OUR WORK AREAS



YOGA

Our yoga offerings blend gentle movement, deep restoration, and mindful energy practices to support mothers at every stage of their journey. Through breath-led flow, supported restorative postures, and elements of Kundalini such as meditation and chanting, we help moms rebuild strength, calm the nervous system, and restore emotional balance.



REIKI

Reiki is a gentle, hands-on energy healing practice that encourages the body's natural ability to restore balance and harmony on physical, emotional, and spiritual levels. Reiki calms the nervous system and supports endocrine (hormonal) regulation, helping reduce stress, tension, and overwhelm, and promoting inner stability and relaxation.

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REIKI

Benefits for Postpartum & Maternal Wellbeing: By regulating the nervous system and hormonal rhythms, Reiki nurtures expectant, new, & established mothers, supporting emotional resilience, physical replenishment, and mental clarity.

The Power of Being Held: Having a trusted professional guide and hold space for even one hour can make a profound difference—mothers feel seen, heard, and

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YOGA

Why Yoga Matters for Mothers

- Motherhood, sleep deprivation, and daily stress can leave the body and mind “ungrounded,” increasing tension, overwhelm, and fatigue.
- Yoga helps **reconnect mind and body**, rebalance the nervous system, and restore physical and emotional stability.
- **Class Environment & Community:** Small, intimate classes with soft, intentional lighting create a safe, relaxing space. Encourages mothers to invest in their own wellbeing while building connection and support

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UPCOMING HEALINGS

- **Sound Bowl Immersion** with Nicola Dibenedetto 2/28
6:30 p.m.
- **Kirtan Healing** with Lisa Cote 3/1 6:00 p.m.
- **Sacred Return: Kundalini Yoga for Postpartum Healing** with Nicola Dibenedetto - begins 3/8
- **Divine Rose Wellness Center Open House** - 3/21

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