

Embodied After Birth

A trauma-informed, 6-week online group for mothers who want to process their birth experience, reconnect with their bodies, and heal in community



THIS IS A GROUP FOR MOTHERS WHO:

- Had a difficult or traumatic birth
- Feel anxious, triggered, or disconnected postpartum
- Carry grief, anger, or guilt about their birth
- Want support, understanding, and connection

Led by a Licensed Birth Trauma Therapist

Victoria Johnk, LMFT
Neurobloom Therapy

JOIN FROM THE COMFORT OF YOUR OWN HOME

Online weekly group sessions

6 week commitment

A safe space to heal with other mothers

WHAT YOU WILL GAIN

- A deeper understanding of your birth experience
- Nervous system & body-based coping tools
- Space to process emotions in a safe group
- Greater clarity around identity as a mother and partner
- Reconnection with yourself and your inner strength
- A sense of integration and empowerment moving forward



READY TO GET STARTED?

Email: neurobloomtherapysd@gmail.com