

The Virtual Village

A space for new parents

Research shows that social support after the birth of a baby protects against postpartum depression and anxiety

The global pandemic has disrupted the support systems that parents rely on and added more stress, anxiety, isolation, and anger. The goal of this group is to give you some of that support back through therapy, education, and community.

The Virtual Village is a therapy and education group for parents 0-6 months postpartum. Each session will be 90-minutes, held via secure video. We will meet weekly for 6 weeks. This is a closed group with limited spaces to foster trust and support. Some topics include:

- **Baby blues versus postpartum depression and anxiety**...*is this typical or something more serious?*
- **Myths of parenthood**...*am I good enough even if I (fill in the blank)*
- **Bonding with baby**...*this is hard, how do I get to know my baby and how can we bond?*
- **Grief and loss**...*I lost my identity...the birth didn't go as planned...I hoped to feed differently...COVID ruined it all!*
- **Self-care and self-compassion**...*what is this "self-care," I barely sleep or shower*
- **Intimacy**...*I am not interested in sex...my needs have changed...how do I connect with my partner/myself?*

Good Moms Have Scary Thoughts book included
Inquire about rates



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Call, email, or fill out the contact form on my website to be added

Babies always welcome